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THE HOLIDAYS ARE NUTS
CHILI SPICED NUTS A PERFECT SNACK {page 29}

TIME FOR THE WORK CHRISTMAS PARTY
DOS AND DON'TS TO KEEP IT CLASSY {page 32}

COUNCILLORS ARGUE EXTRA CASH FOR OC TRANSPO
{page 4}

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Door-to-door hunt for witness

Police have received 1,000 tips from the public since homicide investigation started; want more people to come forward with information ▶ No update from Crown regarding investigation of tampering with Leblanc's body: Police

Gatineau cops are canvassing the Mont-Bleu neighbourhood in light of new information gathered after they released a sketch of a key witness in the Valérie Leblanc homicide investigation.

Leblanc's body was found beaten and burned Aug. 23 in a forest behind her CEGEP. An autopsy confirmed the 18-year-old died of head injuries.

Police have produced a drawing — based on tips — of a bicycle seat that they believe resembles the seat belonging to the witness. The witness was last seen walking his black bicycle near the crime scene, police said.

The seat is black with a red strip down the centre.

Sûreté du Quebec will help in the door-to-door survey of homes near the college. Police plan to take until Thursday to question residents about whether they remember seeing a man walking the bike as described.

The witness also had a "peculiar walk," but it doesn't necessarily mean he has a disability, Lemay said.

"He has to make an effort to draw his leg from back to front," he added. ● JOE LOFARO

JOE LOFARO/METRO

▶ At a press conference yesterday, Sgt. Jean-Paul Lemay said police have received more than 700 tips since they released the witness sketch on Oct. 13. Inset: A police sketch of the bicycle seat the key witness had.

FACEBOOK.COM

▶ Valérie Leblanc

CONTRIBUTED

▶ A police sketch of a key witness seen near the scene.

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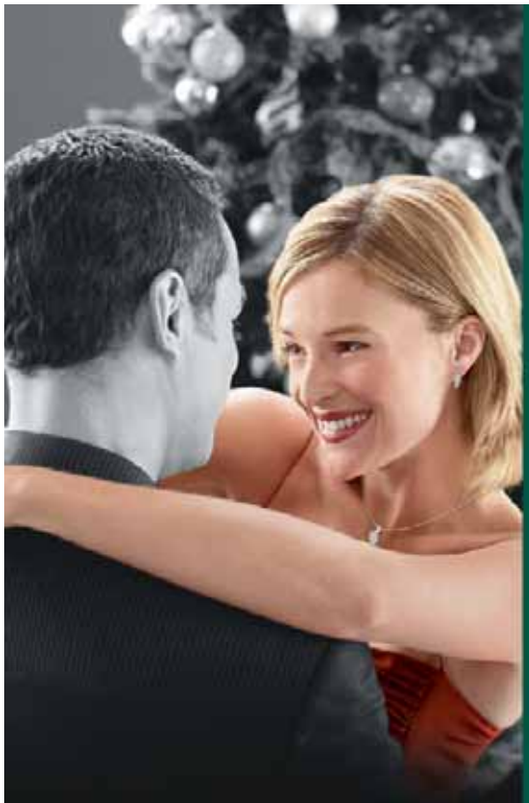

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Carleton University rocked by fourth alleged sex attack

Ottawa police are investigating another sexual-assault allegation at Carleton University, this time an incident alleged to have happened Sunday at about 4 a.m.

Const. Henri Lanctôt said it's too early to say if the case is related to previous reports of sexual assault at the university within the past month.

Police arrested an 18-year-old man Nov. 6 in relation to two recent reports of sexual assault on campus.

A third incident is alleged to have occurred on Oct. 30, but police have not made an arrest in that case. Police believe it is unrelated to the previous two incidents.

The latest allegation comes two weeks after Carleton students held a protest on campus to ask the university to create a sexual-assault support centre.

The Coalition for a Carleton Sexual Assault Centre said the majority of students support the creation of a student-run, university-funded centre.

University officials said counsellors are on campus to assist victims of sexual assault, but the coalition said it's not enough.

JOE LOFARO

For more information, visit metronews.ca

JESSICA SMITH/ METRO

▶ Liberal Leader Bob Rae speaking at the Federation of Canadian Municipalities conference in Ottawa yesterday.

New crime bill may rob cities of cash: Rae

Mayors and councillors at Federation of Canadian Municipalities conference meet with more 150 MPs and senators over two-day event

JESSICA SMITH
@METRONEWS.CA

The omnibus crime bill being debated in the House of Commons will hurt cities' bottom lines, Liberal leader Bob Rae told Canadian mayors yesterday in a speech to the Federation of Canadian Municipalities conference in Ottawa on Tuesday,

Rae said the new measures in bill C-10 are going to have "a dramatic effect" on community policing and municipal budgets.

"A government can say it's not costing us any money to make changes in the law, but we all know it's not always the same government bearing the cost that's making the changes and claiming the political credit for making the change," said Rae.

The bill will mean officers spend more time in court, which leads to higher costs for police, said Rae.

"If you put in more and more minimum sentences you're going to have a difficult time plea bargaining and moving things through the court," he said.

> **"Putting everyone in jail for every minor offence is not the answer to our problems."**
> BOB RAE

He told reporters that if a Liberal government were elected it would "do a complete rethink of the criminal code."

"It's going to have to be back to Square 1," he said.

FCM president Berry Vrbanovic was cautious when asked about the bill's effect on policing costs, saying, "The jury is obviously still out" on the issue.

Ottawa Coun. Marianne Wilkinson, who is attending the conference, said the legislation could pull officers out of preventative policing and into enforcing the new laws.

"Our police forces are the ones who are going to have to deal with new laws," she said. "The police will do the essentials. The trouble is when you have a lot more essentials to do, the things that are crime prevention tend to have to be put aside, and that's really, really unfortunate."

1 news

Only one in four Americans with the AIDS virus has the infection under control with medications, U.S. federal health officials say. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

November is traditionally a strong month on the markets, says Allan Small, but this year a large sell-off has wiped out all the gains made in October. More at metronews.ca/investing

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CARLETON PLACE BIA

Budget may see setback over transit

Council to vote on $2.39 per cent tax increase in budget ▶ Councillors want to spend more on OC Transpo

JESSICA SMITH
@METRONEWS.CA

City Council votes today on the 2012 budget, and are not likely to spend any more than the $3.35 billion outlined in the draft budget last month.

But at least two councillors say they would like to spend more on OC Transpo and plan to raise the issue at today's meeting. They may find themselves out of order because of a budget restraint motion council passed last month.

Coun. Rainer Bloess said he plans to introduce a motion to spend an extra $5.5 million improving OC Transpo, which would be on top of $5.5 million the draft budget allocated to improve on the service after the route optimization cuts took effect this fall.

Any councillors who propose extra spending have to cut another area of the budget or they'll be ruled out of order, said city staff.

Bloess said he has not identified $5.5 million to cut, but having the motion ruled out of order will allow him to force a vote on the issue at tomorrow's meeting.

Coun. David Chernushenko said recently he also supports additional funding for OC Transpo, while still keeping the tax increase at less than $2.5 per cent, and will address the issue today.

SEAN MCKIBBON/METRO

▶ Transit riders wait for their bus on Slater Street. Crowding on buses and difficulties meeting schedules have raised the ire of passengers since the city cut back transit service and "optimized" routes in September. Some councillors are hoping to bring relief with extra funds for transit.

Teens share ideas on how to improve OC Transpo

JOE LOFARO
@METRONEWS.CA

High school students from across Ottawa were invited to City Hall yesterday to share their thoughts and recommendations on transportation in the city.

The Youth in Ottawa in the Know: Youth & Transportation Conference was a full-day, discussion organized by Child and Youth Friendly Ottawa, a non-profit charity.

Students were split up into groups and participated in three of six themed workshops, ranging from public health to Ottawa Light Rail.

Youth coordinator Meredith Barriman said the conference is a great way to give youth a voice as the city is planning the future of transit.

Zoe Pierce, 15, was surprised to see city officials, such as Mayor Jim Watson, attend the event and listen to what the youth had to say.

"I thought that it was really interesting that they wanted to know what our opinion was," said Pierce during the OC Transpo workshop.

She said she is satisfied with the city's bus service and was eager to learn what OC Transpo was doing to improve it.

Her friend, Sophia Ribeyre, 15, had more to say at the OC Transpo workshop, though.

"I take the bus a lot and it's always packed with lots of people and sometimes old people … don't have any seats (left)," said Ribeyre.

JOE LOFARO/METRO

▶ Sophia Ribeyere, left, and Zoe Pierce listen in on the OC Transpo workshop at City Hall.

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- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

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Police probe sex-assault charge

Police are investigating allegations that a girl was sexually assaulted at a Nov. 19 party hosted by a Gloucester Rangers player at his Stittsville home.

Paul Jennings, the team's general manager, said the party was authorized by the player's parents and attended by some players and community members.

"It has nothing to do with the hockey team or hockey," Jennings said. No charges have been laid.

Const. Marc Soucy said police are talking to witnesses but wouldn't release any other details of the investigation.

JOE LOFARO

Bell staff facing layoffs, union says

Unionized Bell Canada workers in Ottawa will be among 52 people laid off in departmental consolidations happening here and in Toronto, the Communications, Energy and Paperworkers Union of Canada says.

Bell spokesman Mark Langto refused to disclose any details on the reported consolidation, but noted that Bell had hired 1,000 field service technicians in the past year to support its newly launched Fibe TV fibre-optic television service.

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Pass on the salt, city urges

Removing snow early, before ice forms, is key to using less salt on roads and sidewalks: City staff

JESSICA SMITH
@METRONEWS.CA

Salt isn't just bad for your health, it's bad for the environment, city infrastructure and your pocketbook, according to a non-profit group that aims to reduce the amount of salt used on winter roads.

City officials met yesterday with members of the Smart About Salt Council as well as private-sector property owners and snow-removal contractors for a summit on road-salt reduction.

The city tries to minimize salt use with modern technology and methods, but still puts an average of 185,000 tonnes of salt a year on more than 8,000 kilometres of road and sidewalks, making it a top road-salt consumer in Canada, public works manager John Manconi said.

Bob Hodgins, head of the Smart About Salt Council, said the private sector uses almost as much salt as cities, which is why his group aims to educate businesses about cutting road-salt use.

The council certifies contractors and property owners that follow its guidelines, which can help companies reduce maintenance and insurance costs. Overall, it means less salt contaminating the environment — especially the water system.

"I've often wondered, in these years you've had trouble getting the Rideau to freeze so you can skate on it. How much salt is going in it?" Hodgins said.

JESSICA SMITH/METRO

▶ It's not just people who should use less salt: Cities should cut back, too, the Smart About Salt Council says.

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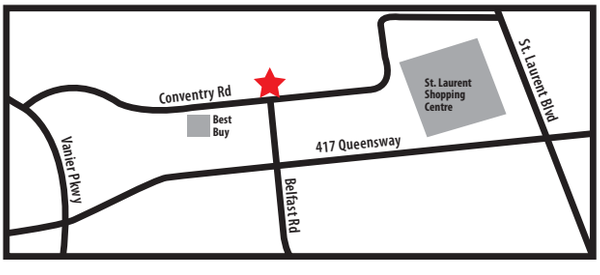


Teen binge drinking a concern: Survey

1 in 6 Ont. students were drunk or high at school at least once in past year according to new report

Students in Ontario are smoking fewer cigarettes, but binge drinking and driving while high are growing health concerns, according to a new report by the Centre for Addiction and Mental Health.

The survey found that while binge drinking among teens dropped a little in the last decade, there are still thousands of high school students downing five or more drinks on a single occasion at least once a month.

"There's a culture among young people of binge drinking that's potentially dangerous, and the challenge is how do you break into that," Dr. Robert Mann, the report's main author, said in an interview yesterday.

His research showed that alcohol was the substance used by the largest number of students, with 55 per cent saying they'd had a drink in the past year, and one in 10 students reporting binge drinking at times of psychological distress.

"The rate of driving after cannabis also remains high, and is in fact, in this population, higher than the rate of driving after drinking, and that's a concern because there's increasing evidence that cannabis can impair your ability to drive, much in the same way as alcohol can," Mann said.

"There's been a lot of attention to drinking and driving (and there's) an impression that cannabis is a relatively safe drug and a safer alternative to drinking and driving."

THE CANADIAN PRESS

Girls vs boys

Dangerous. Girls were as likely to engage in dangerous drinking behaviour as boys, and while there's been a decline in drug use among males, that didn't seem to hold true for females.

For more local news visit metronews.ca/ottawa

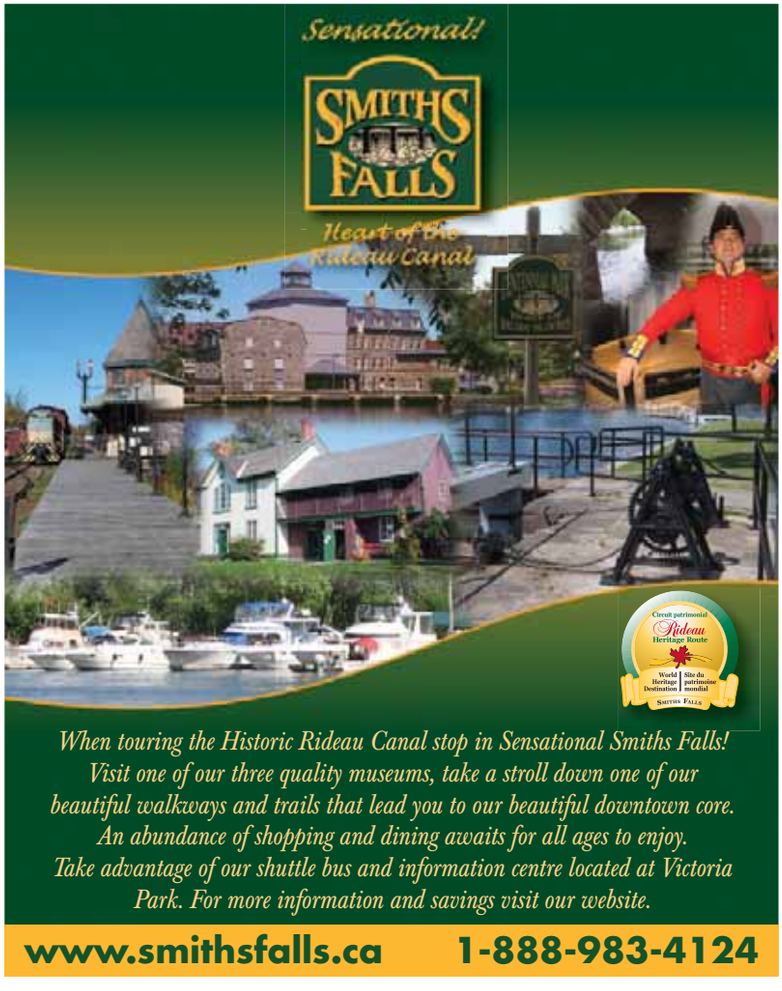
Wingin'. It

A scene from the Temple Street production Wingin' It, which was awarded the Shaw Rocket Prize in Ottawa last night.

CONTRIBUTED

Awards celebrate best of kids' TV

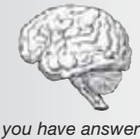
Members of Canada's television industry gathered at the Fairmont Chateau Laurier last night to celebrate the best in television made for kids. The 2011 Shaw Rocket Prize award, which carries with it a $50,000 prize, was given to Temple Street Productions' Wingin' It Season 2.



VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐



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Emails contradict PM's spokesman

Documents indicate enforcement of change from 'Government of Canada' to 'Harper Government'

Federal public servants were trying to understand the wholesale "Harperization" of Government of Canada communications six months before a spokesman for the prime minister emphatically denied any change in policy or practice.

New documents obtained by The Canadian Press under the Access to Information Act directly contradict published claims by Stephen Harper's chief spokesman that bureaucrats have not been directed to replace the words Government of Canada with "Harper Government" in departmental news releases and backgrounders.

Top former civil servants say the wording change marks a disturbing new trend in the politicization of the bureaucracy — and breaches both communications policy and the civil service ethics policy.

Insiders say ongoing editing skirmishes continue between some government departments with strong leadership and the Privy Council Office, the bureaucracy known as PCO that serves the prime minister.

"The directive we have from the (director general's office) is that if PCO adds the Harper Government reference, then we leave it in," says an email to communications officials at Industry, dated Oct. 5, 2010. "Please proceed with this approach. Sorry — it is what PCO has instructed."

An editor responded: "Given this directive, and with mild distress, I have reinstalled the phrasing."

When the change in nomenclature was revealed last March, Harper's chief spokesman at the time, Dimitri Soudas, wrote to Canadian newspapers asserting "no directive" went out to civil servants. "Nothing could be further from the truth," Harper's spokesman declared. THE CANADIAN PRESS

Protest. Mob

▶ Iranian police officers prevent protesters from entering the British embassy as others stand on the gates, holding a satirized British flag in Tehran yesterday.

VAHID SALEMI/THE ASSOCIATED PRESS

Mob storms British Embassy

Hardline Iranian protesters stormed British diplomatic compounds yesterday, hauling down the Union Jack, torching an embassy vehicle and pelting buildings with petrol bombs in what began as an apparent state-approved show of anger over the latest Western sanctions to punish Tehran for defiance over its nuclear program.

Record year for 'bully breed' dogs: Society

Calgary Humane Society officials fear dogs are being bred for criminal purposes in record numbers this year.

Executive director Patricia Cameron said while final numbers are still being tabulated, the society is seeing a greater number of violent and super-sized canines taken in at their shelter.

"They're what we call bully breeds," she said. "We believe there is no bad breed of animal; however, we believe an ultra-large dog — because of their strength and athleticism — require a certain kind of owner and home," Cameron said.

Evidence in the past has indicated these types of dogs may be used in rural Alberta fighting rings and to guard criminal endeavours, namely marijuana grow operations, Cameron said.

Calgary bylaw boss Bill Bruce said his staff is seeing more cross-breeding being conducted between large species to create super-sized dogs, some as heavy as 150 pounds.

"People often don't realize they have got more dog than they can handle," Bruce said. "It's would be like if you just got your learner's permit and you were handed the keys to a turbo (Porsche) Carrera."

Cameron said the society has worked with online sites to prevent the sale of large-breed dogs, but more effort is needed. METRO

METRO FILE

▶ Pit bulls and mastiffs are turning up more frequently at the Calgary Humane Society. Its director says these species can be used for criminal purposes.

Neglect's effects

The Society has seen nearly 500 pit bulls pass through its shelter in the last five years.

- **Many of the dogs have not** not been taught basic manners, making them likely to attack if they feel threatened.
- **In May, 30 dehydrated pit** bull terriers were seized from a Calgary operation.

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Countries at odds over green fund at UN climate talks

Global-warming report provides bleak backdrop to Durban conference

International climate negotiators were at odds yesterday on how to raise billions of dollars to help poor countries cope with global warming. A major shipping group is willing to help, endorsing a proposal for a carbon tax on vessels carrying the world's trade.

Details of the tussle over the funding emerged as the UN's weather agency reported that 2011 was tied as the 10th-hottest year since records began in 1850. Arctic sea ice, a barometer for the entire planet, had shrunk to a record low volume, said the World Meteorological Organization.

Putting the final touches on what's known as the Green Climate Fund is a top issue at the 192-party UN climate conference that was in its second day Tuesday in the South African coastal city of Durban, and one of the keys of a strategy to contain greenhouse gas emissions and keep global warming within manageable limits.

The two-week conference is to finalize a plan on managing climate finances, due to scale up to $100 billion annually by 2020.

The International Chamber of Shipping, representing about 80 per cent of the world's merchant marine, joined forces with aid groups Oxfam and WWF International to urge the conference to adopt guidelines for a levy on carbon emissions by ships.

Details of any levy would be worked out by the International Maritime Organization, the UN agency regulating international shipping, the aid groups and the chamber said in a joint statement.

THE ASSOCIATED PRESS

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

▶ A tree is lit up by cyclists generating electricity as part of an exhibit at the climate change conference in Durban, South Africa, yesterday.

$100B

The two-week conference is to finalize a plan on managing climate finances, due to scale up to $100 billion annually by 2020.

More heat than we can handle?

The world temperatures report released yesterday provided a bleak backdrop to negotiators seeking ways to limit pollution blamed for global warming.

2011 has been a year of extreme weather right across the globe, the World Meteorological Organization reported.

"Climate change is real, and we are already observing its manifestations in weather and climate patterns around the world," said R.D.J. Lengoasa, the WMO's deputy director, noting human activity is a significant contributor.

CORNELIUS POPPE/SCANPIX NORWAY/THE ASSOCIATED PRESS

▶ Norwegian prosecutors Svein Holden and Inga Bejer Engh comment on the psychiatric evaluation of confessed mass killer Anders Behring Breivik at a press conference in Oslo

Norway killer insane, unfit for trial: Court

Anders Breivik killed 77 people in anti-muslim rage

Confessed mass killer Anders Behring Breivik belongs in psychiatric care instead of prison, prosecutors in Norway said yesterday after a mental evaluation declared him legally insane during a bomb-and-shooting rampage that killed 77 people.

The court-ordered assessment found that the self-styled anti-Muslim militant was psychotic during the July 22 attacks, which would make him mentally unfit to be convicted and imprisoned for the country's worst peacetime massacre.

The report, written by two psychiatrists who spent a total of 36 hours talking to Breivik, will be reviewed by a forensic panel before the Oslo district court makes a ruling on his mental state.

Their conclusions surprised many outside experts and contrasted with earlier comments by the head of the panel, who told AP in late July that it was unlikely that Breivik would be declared insane because the attacks were so carefully planned and executed.

THE ASSOCIATED PRESS

7-seconds myth set straight

Actually, men think about sex 19 times a day: Study That's nearly twice as often as women think of it

KAREN WASTESON
OTTAWA@METRONEWS.CA
METRO CANADA IN LONDON

Men think almost as much about food as sex, but they don't think about sex as often as previously believed, a new study reveals.

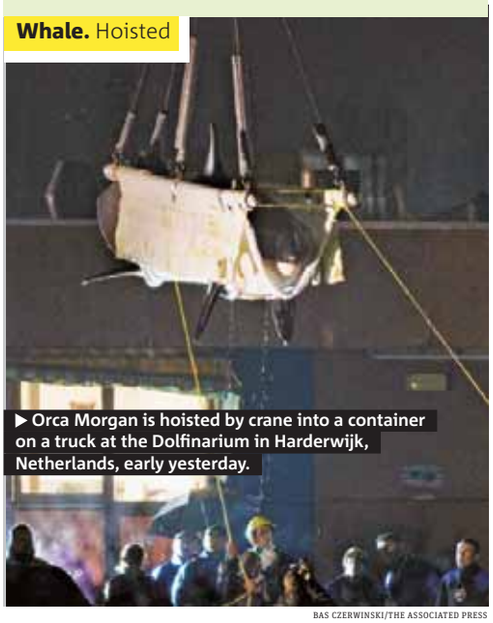
"Young people don't think about sex as often as the general popular image suggests — the 'once every seven seconds' is very far off from reality, and the sex differences are not as large as we believe," says Terri Fisher, who is a professor of psychology at Ohio State University and lead author of the study.

She recruited 163 female and 120 male college students between 18 and 25 for the week-long study. Participants were asked to press a small plastic device every time they thought about sexual stimuli of any kind, fantasies and erotic images. Two control groups recording thoughts of food and sleep were also included.

It turned out men think about sex 19 times a day, and sleep 18 times a day.

That is nearly twice as often as women think about sex, but men also think more about food and sleep.

Whale. Hoisted



▶ Orca Morgan is hoisted by crane into a container on a truck at the Dolfinarium in Harderwijk, Netherlands, early yesterday.

BAS CZERWINSKI/THE ASSOCIATED PRESS

Whale of a trip for Orca

A Dutch dolphin park loaded a young killer whale into a container on a truck ahead of her transfer by plane to amusement park Loro Parque on the Spanish island of Tenerife yesterday after conservationists lost a legal batter to have her released.

Trial for mag that doctored goddess' image

A German magazine has gone on trial in Athens on defamation charges for publishing a doctored image of an ancient Greek goddess on its cover raising her middle finger to Europeans.

Yesterday judges rejected bids by the prosecution and defence lawyers to dismiss charges against the publisher of Focus weekly and 12 of its journalists. All thirteen have been formally accused of insulting a national symbol. Focus enraged many in debt-crippled Greece with its February 2010 cover that showed the iconic Venus de Milo statue, draped in a Greek flag and making the lewd gesture next to the headline "Cheats in the European family."

THE ASSOCIATED PRESS

Charges

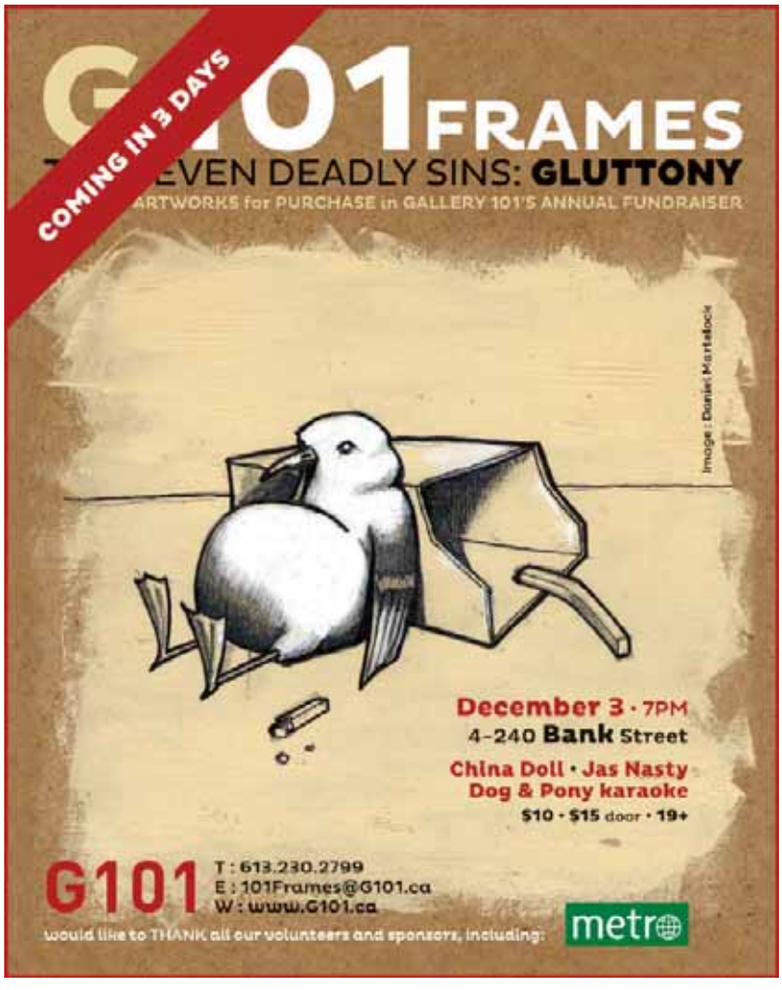
The charges, which carry a maximum two-year prison sentence, followed a complaint by a group of Greek lawyers.

Hunt on for Christmas tree thief

Police in a New Hampshire city are looking for the Grinch who stole about 20 Christmas trees from a stand on Thanksgiving Day.

David Gouette of Maggie D's Garden Center tells The Laconia Daily Sun someone made off with his biggest and best Balsam and Frazier firs on the Thanksgiving holiday. THE ASSOCIATED PRESS

$50 The centre's owner says the trees are worth $50 each.



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MARIO ANZUONI,/THE ASSOCIATED PRESS

▶ Dr. Conrad Murray closes his eyes after he was sentenced for his involuntary manslaughter conviction in the death of singer Michael Jackson in Superior Court in Los Angeles yesterday.

Jackson's doctor gets four-year jail term

Murray will likely serve less than two years in county jail ▶ Jackson family is pleased with sentence

A judge's stern voice broke the silence of a Los Angeles courtroom: "Money for madness medicine," he said before sentencing Dr. Conrad Murray to the maximum four years behind bars for Michael Jackson's death.

Judge Michael Pastor denounced Murray as a greedy, remorseless physician whose gross negligence killed the King of Pop.

Pastor said Murray sold out his profession for a promised fee of $150,000 a month and accused Murray of committing a "horrific violation of trust" when he agreed to give Jackson a powerful anesthetic every night as an unorthodox cure for insomnia.

Jackson's family said in a statement read in court that they were not seeking revenge but a stiff sentence for Murray that served as a warning to opportunistic doctors.

"We're going to be a family. We're going to move forward," brother Jermaine Jackson said.

THE ASSOCIATED PRESS

Doctor in debt

- Prosecutors cited Murray's statements to advocate that he receive the maximum term. They also want him to pay restitution to the singer's three children — Prince, Paris and Blanket.
- It's unlikely that Murray can pay any sizable sum, as he was deeply in debt when he agreed to serve as Jackson's personal physician for $150,000 a month, and the singer died before Murray received any payment.

Kidnapper sues his hostages

A man who held a Kansas couple hostage in their home while fleeing from authorities is suing them, claiming that they broke an oral contract made when he promised them money in exchange for hiding him from police.

Jesse Dimmick is serving an 11-year sentence after bursting into Jared and Lindsay Rowley's Topeka-area home in September 2009.

Dimmick filed a breach of contract suit in response to a suit the Rowleys filed in September seeking $75,000 from him for intruding in their home and causing emotional stress. THE ASSOCIATED PRESS

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COLIN PERKEL/THE CANADIAN PRESS

▶ Tooba Mohammad Yahya and her son Hamed Mohammed Shafia leave court in Kingston, Ont., yesterday.

Victim feared husband: Court

Before Rona Mohammad was allegedly drowned, alongside her teenage daughters, she believed her husband would kill her, friend says

An Afghan woman living in Montreal would not leave home or go to police for fear her abusive husband would kill her, a Kingston, Ont., murder trial heard yesterday.

In her testimony, Fahimah Vorgetts testified how Rona Amir Mohammad grew increasingly desperate in the year before she was found drowned along with her husband's three teen daughters.

"Almost every time she called, she would be crying and crying," Vorgetts testified.

"She said that if she leaves the house, if she goes to the police, her husband would kill her."

Vorgetts, an Afghan women's rights activist who now lives in Virginia, said she tried to persuade Mohammad to leave her husband Mohammad Shafia, who is now a co-accused in the four drowning deaths.

Mohammad said she had no status in Canada, had no documents because her husband kept them all, and worried about being sent back to Afghanistan where his relatives would kill her.

THE CANADIAN PRESS

Murder

- **Diba Abdaili Masoomi,** Mohammad's youngest sister, testified how her sister's marriage, relationship to Shafia was good in the beginning.
- **It deteriorated because** she could not have children and he took on a second wife, she said.

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MOBILE MAPPING TOOL

Foodcourt? Google map it

Google's next frontier in digital mapping will span the world's shopping malls and airports.

An upgrade of Google's mobile mapping service released yesterday includes directions within stores, malls, airports and transit centres in the U.S. and Japan.

The initial index only covers a small fraction of the great indoors, but Google Inc. is hoping that will change as more owners and operators of shopping and transportation hubs submit their indoor floor plans so they can be mapped. For now, Google's indoor maps can only be viewed on smartphones and tablet computers that run on the company's Android software. That's still a potentially huge audience because more than 550,000 Android-powered devices are activated each day.

The free tool represents Google's latest attempt to deepen people's attachment to Android phones so it has more opportunities to sell ads pitching products and services. The tool also complements Google's effort to turn the Android phones into digital wallets that replace cash and conventional credit cards.

THE ASSOCIATED PRESS

Phone hacking helps uncover the truth: Ex-tabloid journalist

JOHN STILLWELL/THE ASSOCIATED PRESS

▶ Former News of the World journalist Paul McMullan arrives to give evidence to the Leveson inquiry, Britain's media ethics inquiry in London yesterday. McMullan defended the use of phone hacking by journalists.

More than a dozen journalists arrested in newspaper scandal

A former News of the World journalist made a robust defence of phone hacking, telling Britain's media ethics inquiry that eavesdropping on voice mails was a "perfectly acceptable tool" to help journalists uncover stories.

Paul McMullan said yesterday that hacking was common at the now-defunct tabloid, describing how journalists traded the phone details of celebrities. "I think I swapped Sylvester Stallone's mother for David Beckham," he said.

McMullan, who now runs a pub, made headlines earlier this year when he was secretly taped by actor Hugh Grant claiming phone hacking was widespread at the News of the World and other U.K. newspapers. He repeated that assertion yesterday, adding that the bosses at the News of the World, including former top editors Andy Coulson and Rebekah Brooks, knew of the practice — a claim both former editors denied. McMullan was one of three journalists giving evidence after a week of celebrities and victims of crime describing how their lives had been upended by media intrusion.

"Phone hacking is a perfectly acceptable tool given the sacrifices that we make, if all we are trying to do is get to the truth."

PAUL MCMULLAN, FORMER NEWS OF THE WORLD JOURNALIST

The other two journalists offered a diametrically opposed assessment, describing stories driven by ideology and propaganda and an industry scarred by bullying and the use of unethical "dark arts."

Ex-tabloid reporter Richard Peppiatt told the inquiry that "much of tabloid journalism is not truth-seeking, primarily. It's ideologically driven and it's impact-driven."

THE ASSOCIATED PRESS

Clicks up for Cyber Monday

A new report says a record number of shoppers made purchases online on the Monday after the Thanksgiving holiday weekend, pushing sales up 33 per cent. The report from IBM Benchmark says the average order rose 2.6 per cent to $193.24 US on the day known as Cyber Monday, when retailers amp up online promotions. The data says about 80 per cent of retailers offered online deals. It says traffic peaked at 2:05 p.m. EST.

THE ASSOCIATED PRESS

RIM release to entice businesses

Shares of Research In Motion were up 7.6 per cent yesterday after the BlackBerry-maker unveiled plans to offer software to companies and governments that open up secure networks to mobile devices. The service, BlackBerry Mobile Fusion, will be available in March after a test run with customers. RIM wants to encourage corporate customers to stick with its services, even if they move away from the BlackBerry smartphone. THE CANADIAN PRESS

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American Airlines in trouble

Bankruptcy means flights may be cut, job losses on the horizon ▶ AMR stockholders will be wiped out

The parent company of American Airlines filed for bankruptcy protection yesterday, seeking relief from crushing debt caused by high fuel prices and expensive labour contracts that its competitors shed years ago.

The company also replaced its CEO. American said its frequent-flier program would be unaffected.

AMR Corp., which owns American, was the only major U.S. airline company that did not file for bankruptcy protection after the Sept. 11 attacks, which caused a deep slump in the industry.

In announcing the bankruptcy filing, AMR said CEO Gerard Arpey, a veteran of the company for almost three decades, had stepped down and was replaced by Thomas W. Horton, the company president.

In a filing with federal bankruptcy court in New York, AMR said it had $29.6 billion in debt and $24.7 billion in assets.

The company will delay the spinoff of its regional airline, American Eagle.

THE ASSOCIATED PRESS

SETH WENIG/THE ASSOCIATED PRESS

▶ An employee works at an American Airlines counter at LaGuardia Airport in New York yesterday.

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LOW CONSUMER CONFIDENCE EASY TO SWALLOW WITH BACON JAM

JUST SAYIN' ...

PAUL SULLIVAN
METRO

Think you're hip to the hottest consumer trends?

Well, unless you're all over spreadable bacon, My Little Pony, Honey Badger and Pickle Juice, you are nowhere, my friend.

Time to go to school, fool.

Ad Age, the bible of Madison Avenue, released its annual list of 25 hottest brands Monday, and along with obvious choices such as the Chevy Cruze and the HTC smartphone, apparently America can't get enough of Street Skillet Bacon Spread and My Little Pony.

Seattle's Street Skillet's revenue is $3 million so far this year, mainly on the strength of the sale of bacon jam. It's one of Rachel Ray's fall favourite foods.

> **"Admit it: never in a million years would you consider bacon jam a million-dollar idea. That's why John Henderson is a successful entrepreneur and you aren't. No jam."**

Admit it: never in a million years would you consider bacon jam a million-dollar idea. That's why John Henderson is a successful entrepreneur and you aren't. No jam.

I bet you also let Pickle Juice slip through your fingers, too. Not so for Brandon Brooks, who had the vision and foresight to believe that people will buy anything as long as it's sold as an electrolyte replacement. Brooks is planning to blend Pickle Juice with pomegranate to make it taste better, which only goes to prove that a spoonful of sugar helps the Pickle Juice go down.

The list includes a bunch of nostalgia items, like Goldfish, those tasteless little crackers that are hot again, even though they're still tasteless. But after bacon jam and Pickle Juice, that's probably a good thing.

Then there's the inexplicable rebirth of My Little Pony, the foremost mania of my daughter when she was a little girl, some 25 years ago. I could never figure out why she would brush Her Little Pony for hours, yet I could never get her to brush the dog. I assume My Little Pony smelled better.

What's really weird is that the latest craze is being driven by an audience of adolescent and adult males called "bronies." They have their own podcast called Bronyville and their own New York convention called BroNYCon. The My Little Pony website has 71 million hits.

As weird as all of the above are, topping the list is the Honey Badger, which started as a bit player in a National Geographic special and has morphed into the Tasmanian Devil of the 21st century. He's so bad, he eats venom-spitting cobras alive and braves thousands of bee stings to eat their larvae. He's now the spokesvermin for Wonderful Pistachios, which he cracks by whacking them with a snake.

Don't believe me. Check him out on YouTube, where he has 23 million hits, but he don't care.

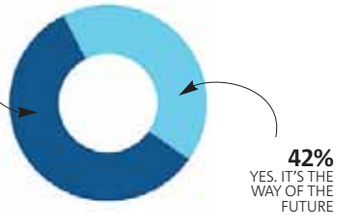
He's just bad.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should schools become Wi-Fi hotspots?



Local tweets

- **@TweetinWithNeil:** Another sexual assault at #carleton and there is no support centre. How many assaults does there need to be before we open one? @ Carleton_U
- **@kevinyoooooon:** Cold rainy days are the most depressing days of all.
- **@gong99show:** On a rainy day like this @Carleton_U's tunnels are a life saver
- **@BrothersDube:** Rainy day debate http://t.co/aGFiNr7k
- **@MeaganMCurran:** Rainy day indoor picnic
- **@KimaleePhillip:** Unless 1000s of ppl occupy Con MPs offices, they will deny public opposition 2 C-10 as data and research are irrevelant for them #cdnpoli
- **@Peady:** I just want jammies and a blankie. #rainy #cold #Ottawa
- **@michandwalker:** RT @UnitedWayOttawa: Have you made your pledge this year? Help us reach our campaign goal. Donate on-line today! http://t.co/z9T6WiwC #Ottawa

DYRK DANIELS/SOLENT NEWS/REX FEATURES

Daily Zoom

They call it 'Kitten Love'

Sharing a tender tiger moment

USA. "The little girl was so excited that she started clapping," says photographer Dyrk Daniels, who captured this moment at the Cougar Mountain Zoo in Issaquah, Wash. Golden Bengal tiger Taj walked to the glass, put his right paw up against it where the girl's hand was and bowed his head. MWN

"During my 27 years of working with tigers, I have never seen anything like it before."

RON TILSON, INTERNATIONAL TIGER EXPERT, MINNESOTA ZOO

Instead of 'Ahh!' it was 'Aww!'

RECOLLECTION. Daniels, 47, describes this chance occurrence at the zoo, saying he didn't expect such tenderness from the predatory kitty. "I noticed that Taj had taken an interest in the girl and was heading towards her. I thought for certain that the little girl would need therapy after the encounter." MWN

In the cat's eyes, child is a 'snack'

INSTINCT. This meeting between baby and 168 kg cat may seem cute, but typical human-tiger get-togethers are no fun, specialist Ron Tilson says. "Seeing a young child elicits a tiger's predatory instinct. It begins to follow the child closely, hoping to get a 'snack.' When it gets a chance, it will take it!" MWN

metro
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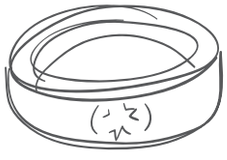
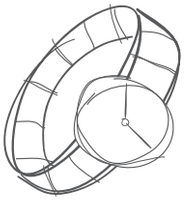


foundation
for greater goals



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2 scene

‘They want to see naked bodies’

Helen Mirren got it right when she said ‘flesh sells’ Here’s to the many actors who have gone without a stitch — all in the name of art, of course

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

A website called Mr. Skin notes that Helen Mirren is the only celebrity to appear nude on screen in five different decades.

The Oscar winner became the first British actress to appear in the buff in a mainstream film in 1969, when she was just 24 years old.

On her revealing scene in Age of Consent she said, “Flesh sells. People don’t want to see pictures of churches. They want to see naked bodies.”

Since then Mirren has doffed her clothes several more times, and become one of the most acclaimed actresses of her age.

Appearing nude doesn’t appear to have hurt her career with the public or the Academy, which is probably makes Michael Fassbender, the very naked star of this weekend’s Oscar contender Shame, very happy.

In a performance that bares not only his body but his soul as well, Fassbender might become the most unclothed star to ever be nominated for Best Actor.

But he wouldn’t be the first star to go naked as a jaybird for their craft and take home Oscar gold.

Kate Winslet says there was so much nudity in The Reader, which earned her an Oscar, because the story required it. But, she added in the same interview, she thinks people might be tired of looking at her body.

The first nude film scenes happened almost 100 years before Fassbender drop trou.

In 1915’s Inspiration an actress named Audrey Munson undressed and for the next 20 years stars regularly exposed their hidden talents.

Then came the Hays Code, which banned nudity from the major studios well into the 1960s.

One of the first big stars to break the code was Jayne Mansfield, whose topless role in Promises! Promises! landed her on the Top 10 list of Box Office Attractions for 1963.

Since then many A-listers have taken it off for their art.

Recently both Amanda Seyfried and Julianne Moore stripped in Chloe. Anne Hathaway and Michelle Williams wore their birthday suits in Love and Other Drugs and Blue Valentine respectively.

But it’s not just women exposing themselves.

Gerard Butler let it all hang out in Mrs. Brown and Gamer and Daniel Craig is buck naked in Love is the Devil.

Producer Judd Apatow promises more male nudity in his films.

“It really makes me laugh in this day and age that anyone is troubled by seeing any part of the human body.”

CHARLES SYKES/THE ASSOCIATED PRESS

▶ Michael Fassbender plays a sex addict in Shame. And yes, we get to see his very naked body.

Scene in brief

A lawsuit filed by owners of a minor league baseball team claims an Illinois city violated its contract and misled the team about the prospect of building a ballpark. Actor Kevin Costner of Field of Dreams is among the owners of the Lake County Fielders. They’ve been battling the city of Zion in northeastern Illinois for months over the team’s collapse this year.
THE ASSOCIATED PRESS

The Big Bang Theory star Jim Parsons aims for a Broadway return in Harvey

Seger's digital dive

Rocker puts one foot in the future after nearly a half century in the biz

SCOTT LEGATO/GETTY IMAGES

Bob Seger's new ultimate hits compilation is now available in digital format.

PAT HEALY
LIFE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

If you've ever looked for songs by Bob Seger & the Silver Bullet Band on digital outlets, you've likely been disappointed when the search yielded results by artists with names like Night Moves and the Ultimate Bob Seger Cover Band, and next to the song titles would be parenthetical disclaimers like "as made famous by Bob Seger."

But the classic rocker's reluctance to go digital has finally subsided. This year has seen the release of two live albums, a rarities collection and Seger's brand new ultimate hits compilation, Rock and Roll Never Forgets came out on digital on the same day it was in stores.

"I just felt it was time," says Seger. "I was after my management to do it. We're one of the last ones to do it, and I felt like I would like to have people have the opportunity to get it. As it goes along, we're still doing it piecemeal, but that's my management's decision, and I don't question that. I've had the same guy for 45 years, so I've been pretty fortunate so far, so I'm not going to question how he does business."

"I just felt it was time... We're one of the last ones to do it." BOB SEGER ON MAKING THE MOVE TO DIGITAL

There are a few other surprising revelations in the last portion of that quote: Firstly, that Seger has been in the business for at least 45 years, and secondly that he would have such loyalty to the same manager in an industry where the business is historically so fickle.

But devotion and dedication have been constants in his career. Throughout an hour-long discussion, Seger makes sure to give his Silver Bullet Band members due credit.

"I love the way Alto played horn on it," he enthuses about sax man Alto Reed's part on the powerful road warrior ballad, Turn the Page. And he's also quick to cite how he loves the energy that drummer Don Brewer brings to Hollywood Nights.

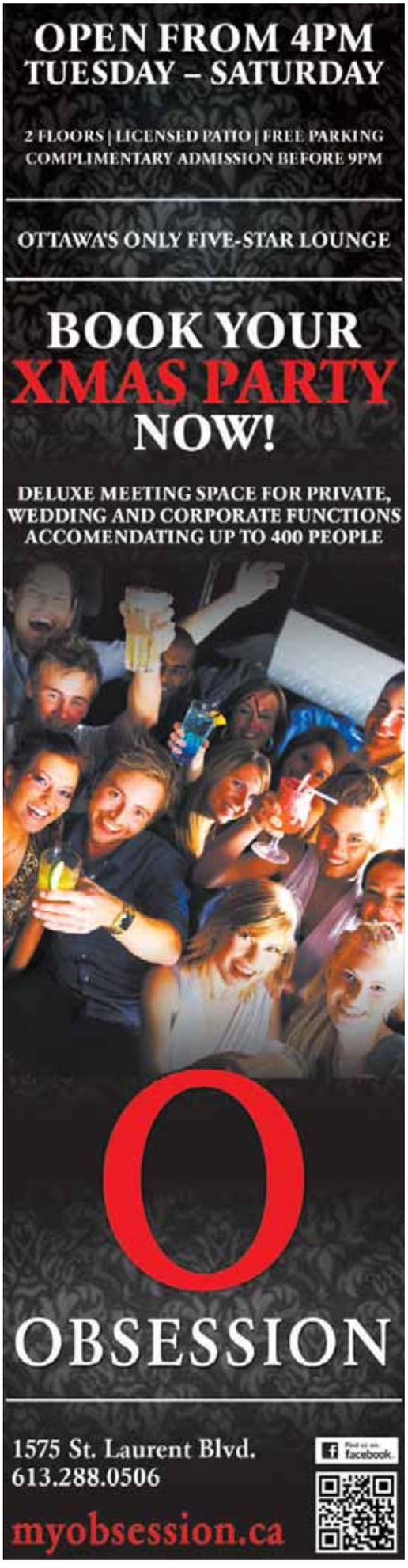
As for the length of his career, that's well chronicled in the title track of Rock and Roll Never Forgets.

"I had like 12 years before I ever made any money," he says. "We did a lot of clubs, and we did a lot of high schools, and you name it, outdoor things, and then after 12 years — in 1975 — I broke through."

Tune times

Rock and Roll Never Forgets (but sometimes it gets the dates wrong)

- Years and the history of rock and roll have always played an important part in Seger's songwriting, as in his classic, Night Moves. He recounts, "I started humming a song from 1962." So, what was that song?
- "Oh, I'm glad you asked that," he enthuses. "It was Be My Baby by the Ronettes! And then I was fortunate enough, about 10 years ago, to meet Ronnie and tell her that, and she's such a sweet kid, Ronnie Spector."
- It turns out that Be My Baby actually came out in the summer of 1963. It was not without embarrassed apologies that this reporter delivered this correction to such a well-respected singer.
- "Oh wow," says Seger with a surprised laugh. "Well, yeah, but I wrote the song in '76, so I was already too old and getting my dates wrong!"



Top indie flicks
tie for best at Gotham gala

For the first time in history, Gotham Independent Film Awards find themselves 'stuck' over movie industry's prize

Award season kicked off with a tie for best feature at the annual Gotham Independent Film Awards as Terrence Malick's highly imaginative The Tree of Life shared the night's high honour with Mike Mills' flashback comedy, Beginners.

Presenter Tilda Swinton introduced the nominees, but before opening the envelope to reveal the winner, deferred to a prerecorded message on the venue's large video screens.

The unprecedented ruling was then announced by jury member Natalie Portman, who explained that her peers were faced with the dilemma of being "stuck" when it came to selecting a winner, so they "made a bold and independent decision" and "chose to honour both."

Swinton then read off the winners' names and presented the award.

The Tree of Life, starring Brad Pitt and Sean Penn, won the Palm d'Or at the 2011 Cannes Film Festival. Beginners was released last year and stars Ewan McGregor and Christopher Plummer.

Other winners included Felicity Jones for breakthrough actor in Like Crazy, the cast of Beginners for ensemble cast and Scenes of a Crime for best film not playing at a theatre near you. The audience award went to Girlfriend, a film about a young man with Down syndrome who has a crush on a troubled single mother.

Hosted by Edie Falco and Oliver Platt, the presenters were mostly darlings of the independent film world.

"Independent film is my amniotic fluid. It's like the sea I swim in," Swinton said when she arrived.

This year's Gotham tributes went to director David Cronenberg, film executive Tom Rothman, actor Gary Oldman and actress Charlize Theron.

Actor-comedian Patton Oswalt introduced Theron, then made self-deprecating jokes while standing next to her at the podium.

"I'm only here because I'm armpit height," the much shorter Oswalt said. Later he said: "I feel like you're accepting me for the award."

"The irony is that you are the award," Theron joked.

The pair star in the upcoming dark comedy Young Adult, written by Diablo Cody and directed by Jason Reitman.

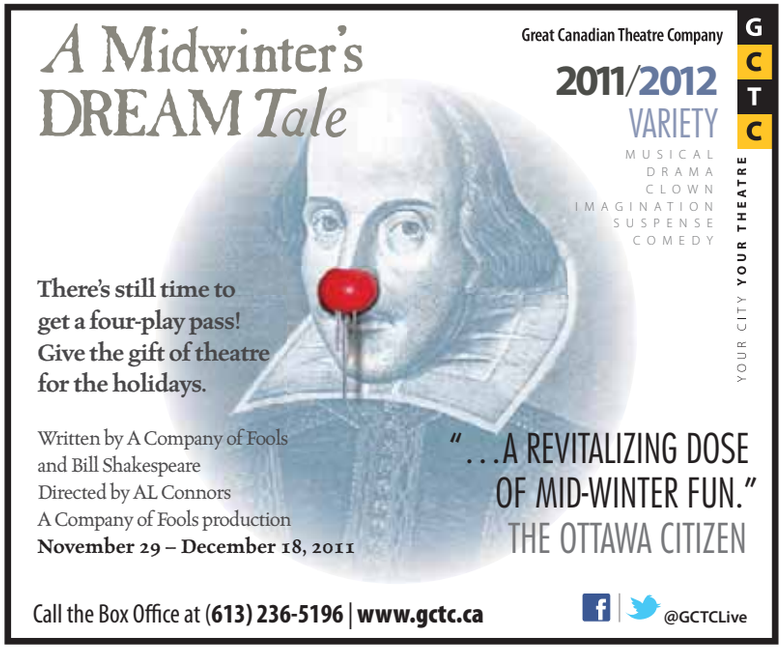
Theron called Reitman "one the best directors" she has ever worked with, and thanked her mother, who was sitting next to him, "for giving me the character and the strength to be who I am."

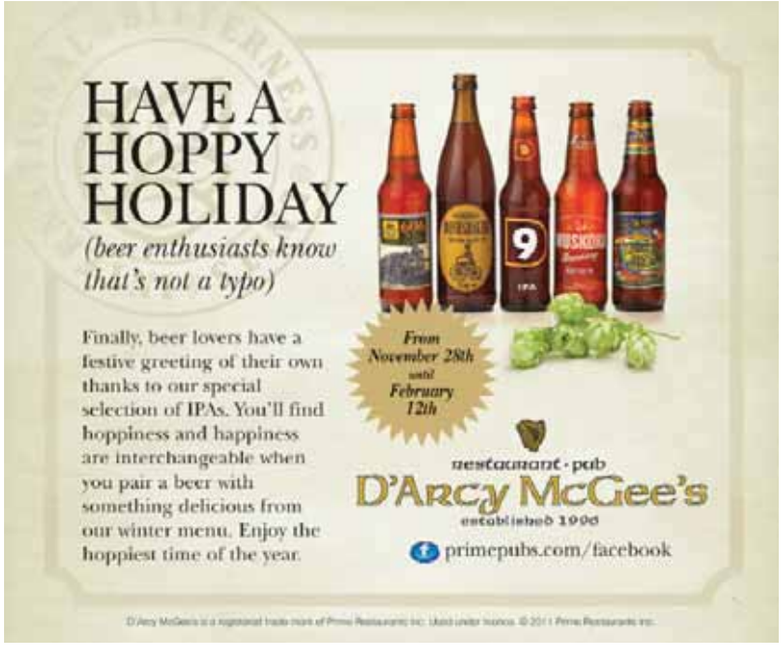
The Gotham Independent Film Awards are presented by the Independent Feature Project, the largest organization in the United States committed to independent film.

THE ASSOCIATED PRESS

EVAN AGOSTINI/AP PHOTO

▶ Actor Patton Oswalt, left, actress Charlize Theron and director Jason Reitman attend the IFP's 21st Annual Gotham Independent Film Awards at Cipriani Wall Street on Monday in New York.





Dear Amazon, will you read my book? It took me years to write; will you take a look?

Patrick deWitt's comic western tops Amazon.ca's Best Books of 2011 list ▶ Author gaining critical acclaim

The much-lauded novel The Sisters Brothers by Vancouver Island native Patrick deWitt has topped Amazon.ca's Best Books of 2011 list.

Earlier this month, the comic western won a Governor General's Literary Award and the Rogers Writers' Trust Fiction Prize.

It also made the Scotiabank Giller Prize and Britain's Man Booker Prize short lists.

Another novel that made the aforementioned short lists and ended up winning the Giller, Half-Blood Blues by Victoria-based Esi Edugyan, is No. 5 on Amazon.ca's compilation of the top 100 books of 2011.

Amazon.ca book editors choose the annual list, which also includes American author Erik Larson's non-fiction title In the Garden of Beasts at No. 2.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Patrick deWitt arrives for the Giller Prize awards in Toronto earlier this month.

Coming in at No. 3. was The Art of Fielding: A Novel by American Chad Harbach, followed by the novel 1Q84 by Japan's Haruki Murakami.

This list is rounded out by What It's Like to Go to War by Karl Marlantes; The Marriage Plot by Jeffrey Eugenides; The Cat's Table by Michael Ondaatje; Steve Jobs by Walter Isaacson; and Hot Art by Joshua Knelman.

THE CANADIAN PRESS

More baby mama drama for Biebs

- Man steps forward claiming to be the father of Mariah Yeater's child
- Robbie Powell was recently charged with drug possession, burglary

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Before the illustrious Mariah Yeater (that's her booking photo, there) accused Justin Bieber of fathering her child, the last time I wrote about a situation so low-rent was during the Levi Johnston baby daddy drama with the Palins.

The latest on the possible Biebs baby?

While the 17-year-old pop star maintains he isn't the father of Yeater's infant son, the man who does claim to be, Robbie Powell, was arrested over the weekend in San Diego, according to Hollyscoop.

The 23-year-old was charged with possession of methamphetamines and drug paraphernalia, as well as three charges of commercial burglary.

He's currently being held on $7,000 bail.

Sources say Powell is looking to go public with his claims that Yeater made up the story about Bieber fathering her child, but he hasn't settled on a media outlet yet.

After all of this, I hope that Bieber is the father just so that poor baby might have a chance at life.

▶ Mariah Yeater

▶ Maggie Gyllenhaal and Peter Sarsgaard.

Maggie Gyllenhaal expecting again

Maggie Gyllenhaal and husband Peter Sarsgaard are gearing up to welcome another member to their family, as Gyllenhaal is pregnant with their second child, according to Life & Style.

"Over Thanksgiving weekend, Maggie was telling friends that she's six months pregnant. Her bump is so big," a source says.

"She's thrilled to be pregnant. She and Peter have wanted another child for a while. They're very happy that they'll have another baby in the house soon."

> **"She's thrilled to be pregnant. She and Peter have wanted another child for a while."**
> SOURCE

The couple, who married in 2009, have a 5-year-old daughter, Ramona.

METRO

Gosselin shoots down plastic surgery rumours

Kate Gosselin (new occupation: blogger at CouponCabin.com, continuing her fame-seeker tendencies) is shooting down Internet rumours that she got a facelift.

"With all of the buzz about me having had a facelift, I will confirm that I have not had one (I am only 36!!!).

But, I will take all of the talk about how rested and young I look as a compliment! So thanks!" she wrote.

I love Gosselin's "I'm only 36!" excuse for not having plastic surgery, as that didn't stop her from getting a tummy tuck in 2007 and breast implants in 2009.

But, to be fair, she is 36 and is a single mom to eight kids.

Girlfriend probably needs all the plastic surgery she can get, under 40 or no.

DOROTHY ROBINSON

▶ Kate Gosselin

Prince Harry peaces out of the U.S.

Prince Harry's adventure in America is over.

"Captain Wales has completed his training in the United States and has returned to the U.K.," says a spokesman from the Naval Air Facility El Centro in El Centro, Calif., according to Us Weekly.

Harry had been training there for the past two months while also enjoying some downtime in Las Vegas, San Diego and Los Angeles. METRO

Celebrity tweets

@NathanFillion

New Yorkers, I love how stylish and beautiful you all are. Have lunch with me?

@kerrywashington

I'm completely in love... Ive never felt this way before. Ribbon & Cimarron have stolen my heart... They're horses. :)

@AlecBaldwin

I'm going to change my profile to "Conservative, Christian, gun owner, mom."

@HelenHunt

Got on twitter to shamelessly promote. Now working and uneasy with shameless promotion. Damn.

Saving the 'Old Square'

A commission has been working since the 1930s to preserve New Orleans' French Quarter

On a muggy autumn New Orleans morning in the French Quarter, away from bawdy Bourbon Street, Natchez residents sat on their stoops drinking rich cafe au lait, reading the newspaper, or watching the passing traffic.

Replace the cars with horses and carriages and the scene could well be from a couple of hundred years ago.

The old city remains vital with a steady mix of residents and small businesses mostly thanks to the Vieux Carre Commission, which regulates changes to the buildings in the small section of New Orleans near the Mississippi River. The commission has control over every part of a building's exterior.

A rotting sill in the back of the house cannot be replaced without permission. A wall can't be painted or a window removed or a roof changed without permission. It's a sore point for some, but the results of such strict control are noticeable.

When the commission was formed during the Great Depression, the 85-square-block Quarter that was laid out by French settlers in 1718 had become a collection of derelict buildings. The idea of preserving an entire area was novel.

"What was considered ahead of time was that up until then American preservation was preservation of individual structures, Mount Vernon for instance," said Walter Gaillas, with the National Trust for Historic Preservation. "Back then, nobody thought of it as, 'Gee, maybe there is another way to preserve a whole community.' Now there are hundreds of commissions like that around the country."

ABUNDANTC/FLICKR

▶ The Vieux Carre Commission regulates all changes — big and small — to the exterior of buildings in the French Quarter.

Vieux Carre Commission

▶ Nine volunteer members and a staff of five make up the commission. The volunteers are appointed by the mayor and approved by the city council.

The French Quarter, also known as the Vieux Carre (Old Square) as it was once called, had fallen on hard times by 1936. Once-grand townhouses were tenements, and city officials were seriously considering tearing down the majestic old buildings that frame Jackson Square — Upper Pontalba and the Cabildo — where the Louisiana Purchase was signed in 1803.

Then along came the Vieux Carre Commission, dedicated to preservation while keeping the area a functioning part of the community.

"The commission is not about keeping things looking pretty but addressing what's appropriate to character and quality of all the parts that make up this neighbourhood," said Vieux Carre Commission director Lary Hesdorffer. "We have the benefit of not being frozen in time."

The idea, Hesdorffer said, is not to return the French Quarter — which is a real neighbourhood with people living there and real businesses operating on its streets — to what it was when it was founded, but to keep the historical presence this generation inherited.

"We have many different styles in the French Quarter from different eras," Hesdorffer said. "We're now treasuring buildings that have been renovated along the way."

As an example, Hesdorffer points to the famous "lace" iron work on French Quarter balconies, which came in the 1800s, replacing the original plain ironwork.

"That sort of layering thing is what makes this historic district particularly rich because we represent some things that date to the colonial period," he said. "But not many are in pure form. Over the years, they've been updated, changed."

THE ASSOCIATED PRESS

3 life

Travel in brief

A pair of wilderness tour operators in Yukon and a geology-themed park in New Brunswick have won 2011 Canadian Tourism Awards. Nahanni River Adventures and Canadian River Expeditions, both based in Whitehorse, won the award for sustainable tourism.

THE CANADIAN PRESS

Caribbean tourist operators expect more visitors, brace for drop in spending

Christmas on 'the rock'

In St. John's, N.L., revelers known as mummers dress up and visit friends and relatives **It's a tradition that fascinates visitors**

SUE BAILEY/THE CANADIAN PRESS

▶ Mummering entails groups of friends or relatives decked out in costumes knocking on the door of a neighbour's house to be invited in for drinks and food.

An oversized bra worn over a plaid shirt with a flowing skirt, a face-shielding lace doily, a floppy hat and an ugly stick.

That's a fairly standard costume for the wild and wonderful Yuletide tradition called mummering — just one of many ways Christmas turns into a full-on festival of concerts, kitchen parties and theatre on the Rock.

In the seaside capital city of St. John's, N.L., the annual mummers parade is a colourful tribute to the playful custom of dress-up and visiting that's still popular in some outports around the island.

An ugly stick, in case you haven't made it this far East, is a home-made percussion instrument. It's often a broom or mop handle with dozens of beer caps, small bells and other noise-makers attached, a tin can on top and, sometimes, a boot on the bottom for stability as it's played with a drumstick.

Mummering is a blend of traditions believed to have migrated to Newfoundland from England and Ireland early in the 19th century. Also known as mumming or janneying, it generally works like this: groups of relatives or friends decked out in costumes knock on the door of a neighbour's house.

They ask something such as, "Mummers allowed in?" And, if welcomed, the hosts try to guess their visitors' identities before serving drinks and food. Gender-bending dress and talking while inhaling are some of the tricks used to throw off the guessers. Mummers have also been known to dance a jig or play a tune as part of the game.

It's a tradition that fascinates people from outside the province, said Dale Jarvis, a folklorist at the Heritage Foundation of Newfoundland and Labrador.

The foundation revitalized the mummers parade three years ago and has since watched it take on a life of its own.

"The first year we ran the parade, we had a fellow who flew in from Nova Scotia," Jarvis said. "He had read about it online and wanted to experience it for himself."

Ryan Davis is leading this year's event, set for Dec. 17. He expects it to be even bigger than the last parade, which drew about 350 mummers.

"I'm anticipating a really big increase this year," he said, based on inquiries and interest.

Mummering is a great leveller that, for a short time, frees people from the constraints of age, income and gender while they're in disguise, Davis said.

"It's just a lot of fun."

Gaylynne Lambert, a marketing and events coordinator with Downtown St. John's, has never spent Christmas away from the city. "I couldn't," she said. "Christmas is the one time of year that we all make a point to get together in one group," the youngest of six kids said of her brothers, sisters, nine nieces and nephews.

"There's tons of stuff going on," she added, rhyming off a heady list of holiday concerts featuring popular traditional, rock and folk musicians.

A classical favourite is the Newfoundland Symphony Orchestra's yearly rendition of Handel's Messiah at the soaring St. John's Basilica. Concerts are scheduled for Dec. 16 and 17.

"It's an absolute world-class performance," Lambert said.

And then there's the charm of downtown St. John's itself, its bright clapboard buildings nestled around a pretty harbour that's crowned by a Christmas star atop Signal Hill.

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Varadero $119* — Travel Dec 10 - Dec 17/wg — + taxes & fees $289

Jamaica $139* — Travel Dec 10 - Dec 17/wg — + taxes & fees $369

Santo Domingo $165* — Travel Jan 11 - Jan 18/wg — + taxes & fees $400

Cancun $169 — Travel Jan 26, 2012 - Feb 2, 2011/ts — + taxes & fees $353

Panama $265* — Travel Dec 17 - Dec 24/wg — + taxes & fees $330

Airfares

Orlando $12* — Travel Dec 4 - Dec 11/ts — + taxes & fees $287

Fort Lauderdale $29* — Travel Dec 11 - Dec 18/wg — + taxes & fees $282

Toronto one-way $49 — Travel Jan 10/ac — + taxes & fees $50

Lima $499 — Travel Jan 17 - Jan 31/la — + taxes & fees $400

San Diego $499 — Travel Jan 17 - Jan 31/dl — + taxes & fees $138

Family Specials

Orlando Air + 7 Nights $129◊* — *Ramada Gateway* — + taxes & fees $293
INCLUDES central accom near theme parks. Price per person based on family of 4. Departs Dec 4/ggv/ts. UPGRADE to 4-star Buena Vista Palace Hotel and Spa for $20 per night. ADD 5-day *Walt Disney World* Resort *Magic Your Way* Base Ticket from $290/adult, $268/child (ages 3-9).

Fort Lauderdale Air + 7 Nights $199◊* — *Lauderdale Beachside* — + taxes & fees $282
INCLUDES Lauderdale-By-The-Sea area accom at a beachfront location. Price per person based on family of 4. Depart Dec 11/vat/wg. UPGRADE to 4-star Hilton Fort Lauderdale for $22 per night.

California Air + Car $499◊* — + taxes & fees $115
INCLUDES airfare into San Francisco, return from San Diego and 7-day midsize car rental with unlimited mileage. Price per person based on family of 4.

Maui Air + 7 Nights $899◊ — *Royal Lahaina* — + taxes & fees $131
INCLUDES Lahaina ocean view accom. Price per person based on family of 4. Departs Dec 6/ggv/dl. ADD Hana adventure tour for $137/adult, $83/child (ages 3-11).

Canada

Montreal New Year's Eve Family Special, 2 Nights $89◊ — *Novotel Montreal Centre* — taxes & fees included
INCLUDES central accom over New Year's Eve across from the Bell Centre near shopping streets and nightlife. Price per person based on family of 4. Travel Dec 29/ggv. UPGRADE to 4.5-star Fairmont Queen Elizabeth from $7 per night.

Toronto Christmas Family Special, 3 Nights 4-Star $94◊ — *Westin Harbour Castle* — taxes & fees included
INCLUDES central accom near the waterfront over Christmas. Price per person based on family of 4. Travel Dec 23/ggv. ADD admission to CN tower for $27.

Mont Tremblant 3 Nights + Lift Pass $334 — *Les Suites Tremblant - La Tour des Voyageurs* — taxes & fees included
INCLUDES ski-in/ski-out slopeside accom and 2-day lift pass to Tremblant. Travel Jan 9, 16, 23/ggv. UPGRADE to 4.5-star Westin Resort and Spa for $37 per night.

Mont St Anne 3 Nights + Lift Pass $379 — *Auberge La Camarine* — taxes & fees included
INCLUDES accom overlooking the St Lawrence River and 2-day Mont St Anne/Stoneham lift pass. Travel Dec 2,9,16/ggv.

All-inclusive Vacations

Santa Lucia 7 Nights 4-Star $238* — *Brisas Santa Lucia* — + taxes & fees $290
Departs Dec 8/nol/ts.

Puerto Plata 7 Nights 3.5-Star $256* — *Allegra Puerto Plata* — + taxes & fees $403
Departs Dec 8/sgn/wg. UPGRADE to the 5-star Riu Bachata for $7 per night.

Varadero 7 Nights 4-Star $405* — *Mercure Playa de Oro* — + taxes & fees $290
Departs Dec 4/sgn/wg.

Cancun Christmas 7 Nights 4-Star $725* — *Oasis Cancun* — + taxes & fees $360
Departs Dec 19/swg/wg.

St Maarten 7 Nights 4-Star $1275* — *Sonesta Maho Beach* — + taxes & fees $330
Departs Jan 5/swg/wg.

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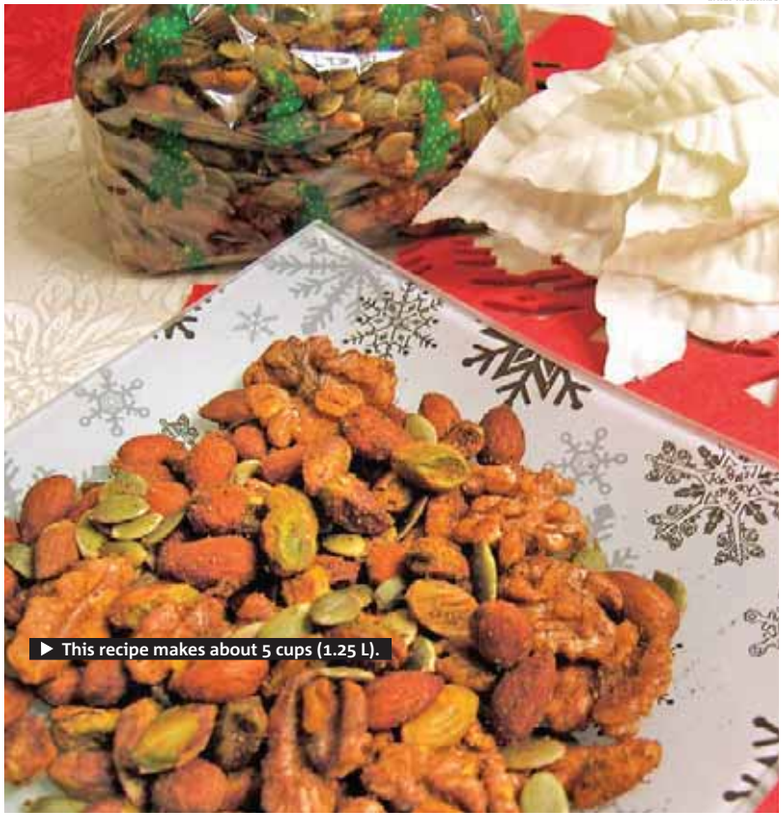
Go nuts for the holidays

Chili Spiced Nuts serve number of purposes **Offer them as a snack or give them as gifts**

EMILY RICHARDS



This recipe makes about 5 cups (1.25 L).

HOLIDAY HELPER

EMILY RICHARDS
FOOD@METRONEWS.CA

With less than one month until Christmas, the holiday season is in full swing. If you don't believe me, check out your local mall for the decorations and army of shoppers. Having said that, we all know how stressful this time of the year can be, but there are ways to prepare.

Each week, we'll provide you with a great make-ahead recipe that you can make and share as a hostess gift or serve up as an entertaining idea for your holiday get-together.

Chili Spiced Nuts

These nuts are perfect to serve up in a little bowl for fingers to dip into while enjoying drinks.

You can also pack them up in little gift bags or tins for an easy hostess gift.

Ingredients:

- 1 1/2 cups (375 mL) whole unblanched almonds
- 1 1/2 cups (375 mL) walnut halves
- 1 cup (250 mL) shelled pistachios
- 2 tbsp (30 mL) extra virgin or canola oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) dried oregano
- 1/2 tsp (2 mL) smoked sweet paprika
- 1/2 tsp (2 mL) kosher salt
- 1/4 tsp (1 mL) freshly ground black pepper
- 1/2 cup (125 mL) roasted pepitas (green pumpkin seeds)

Holiday prep

We're here to help
Every Wednesday until Christmas, Metro's Emily Richards will provide you tips to make the holiday whirlwind a bit less stressful. Check out the next edition of Holiday Helper on Wednesday, Dec. 7.

Lastly, the Chili Spiced Nuts are a great idea for some gift giving at the office!

If you're not a fan of chili powder, you can omit it and the dried oregano, and substitute for 2 tsp (10 mL) curry powder. The nuts will keep at room temperature for about three weeks in a tin or bag.

Preparation:

1. In large bowl, toss almonds, walnut halves and pistachios with oil, chili powder, cumin, oregano, paprika, salt and pepper until well coated.
2. Spread onto parchment paper lined baking sheet and roast in 350 F (180 C) oven for about 15 minutes or until golden brown and fragrant. Remove from oven and stir in pepitas. Let cool completely in baking sheet on cooling rack.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Drink of the week

Almond Apple-tini

This Almond Apple-tini offers a non-alcoholic twist on the classic martini.

- 1 oz (2 tbsp) almond beverage
- 2 oz (1/4 cup) apple juice
- Splash caramel syrup
- Dash fresh lemon juice
- 1 apple slice

In a martini shaker, combine almond beverage, apple juice, caramel syrup and lemon juice. Shake vigorously and serve in a martini glass. Garnish with an apple slice. ALMONDFRESH.COM

He'll make you pay

A marketing guru reveals the tactics his industry uses to influence us all

HEATHER BUCHAN
LIFE@METRONEWS.CA

ISTOCK

▶ Bullseye! A company has captured your attention and you didn't even know it.

Students and faculty at Humber College in Toronto were recently treated to a compelling presentation by international marketing guru and branding expert, Martin Lindstrom, who has for two decade, advised top corporations, including Pepsi, LEGO, American Express and Microsoft, on how to build stronger brands.

Voted one of the world's 100 most influential people in 2009 by Time Magazine, Lindstrom was recently in Toronto promoting his latest book, Brandwashed: Tricks Companies Use to Manipulate Our Minds and Persuade Us to Buy, in which he turns the spotlight on his own industry and reveals the psychological tricks used by companies to win our money.

Not only did Lindstrom's presentation give faculty and students the opportunity to bring new concepts to the classroom, but it served to help faculty understand human behaviour in order to optimize student recruitment, retention and engagement.

"He encourages debate, makes you think so you can learn," said Michael Hatton, Humber's vice-president Academic, while introducing Lindstrom to the stage.

One of the main focuses of the presentation was neuromarketing — a new field of marketing that studies consumer's cognitive response to marketing stimuli. Lindstrom partnered with university researchers on a three-year, $7-million neuromarketing study that scanned the brains of 2,000 people while they were exposed to various marketing and advertising strategies such as subliminal messaging iconic brand logos and provocative product packaging. The results show just how much power brands wield over us all.

"Eighty-five per cent of the decisions we make every day are decided upon in our non-conscious part of the brain," said Lindstrom. That means that our minds are rational just 15 per cent of the time. "We lie to ourselves all the time because we are irrational," he added.

Therefore, the more senses a brand appeals to, the more loyalty people have to the brand and that's because, according to Lindstrom, we are by nature irrational. Lindstrom pointed to music as a medium that has enormous influence on our behaviour.

"Sound and vision activate emotion and when you have emotional engagement, you have consumer preference," he explained.

Most of the students left the presentation agreeing that they felt empowered to recognize when they were being manipulated by brands and said they would keep the conversation going once back in their classes.

> **"Sound and vision activate emotion and when you have emotional engagement, you have customer preference."**
> MARTIN LINDSTROM, BRANDING EXPERT

Sounds special

Through his research, Lindstrom has learned just how powerful sound is.

- Lindstrom pointed out that in Last Vegas, revenue fell by 24 per cent when sound was removed from slot machines
- When slow music (slower than a heartbeat) was played in restaurants during another experiment, diners ate slower and ate more.

▶ Brandwashed by Martin Lindstrom

Secrets of the study

BRUCE WALSH
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

ISTOCK

▶ Studying solo might not be the best option.

For most univeristy students in Canada, winter exam week is just around the corner. For 2011 freshmen, the first time through post-secondary level exams can produce anxiety and frustration. Here to help is test-taking expert Ann Dolin. She is the founder of Educational Connections Inc., a tutoring and test-prep provider in Fairfax County, Va.

What's the most common misconception about studying for exams?
Students often think that just reading equals studying. But studying must be interactive. There must be some form of writing involved to truly cement the information to memory.

Are there different concerns for students with ADHD?
One of the problems is that students will often block off two or three hours to study. That's often not productive. No one can sustain attention for three hours, especially a student with ADHD. When studying is broken down into 30-minute chunks, students are far more productive.

What is the easiest thing students can do to improve their scores on finals?
Study after study has shown that when students summarize their notes after class, they're far more likely to remember the material.

What is the benefit of forming study groups?
Among many positives, it gives students a sense of accountability. You tell yourself, "OK, I'm going to put aside this time to study." And if you don't do it, you get mad at yourself. It rides on your shoulders. But if you have a group, you're more accountable. And you're forced to process the information in another way. If you discuss the material with a group, you're far more likely to remember it.

Is there a good strategy for dealing with anxiety during a test?
Yes. Have a notepad handy during the test to write down all of your anxieties. Studies show that this is the most effective way to alleviate anxiety at test time. You simply have to purge the thoughts and emotions.

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Say my name, say my name

A recruitment expert offers advice for those hoping to be remembered **Sales and marketing students take note**

CHELSEA NEWTON
TALENTEGG.CA

The competition on campus between employers is getting hot as the economy picks up and companies' hiring numbers increase.

A shift is starting, where students will have more power as the number of jobs available increases; however, we aren't quite there yet.

As a student, it is important to play a lead role in choosing your first job out of school and selling yourself to your employer(s) of choice.

Your personal brand — online

Your online personality should mirror how you come across in person.

Ensure that, if your future employer seeks you out on LinkedIn, Twitter, or Facebook, there is consistency in the things you say you are knowledgeable about or roles you played in extra-curricular activities.

Things like LinkedIn recommendations are very valuable, especially with LinkedIn launching a new student profile option.

"Show you spent some time researching my company online, even talking to past interns or employees, and understanding the culture." CHELSEA NEWTON, DIRECTOR OF TALENT ACQUISITION AT MOSAIC SALES SOLUTIONS

Often future employers will perform a social media search on their top candidates — think of this as a reference check.

Make sure that you hide information that future employers don't need to see (e.g., Facebook photos) and remember that social media is permanent.

Your personal brand — in person

For in-person events, network and showcase your personality as well as your interests and skills.

When I interview for entry-level marketing roles, I look more for a strong personal impression than wide sales/marketing experience — I can teach you how to be successful, but I can't teach you how to think critically or have personal credibility.

I want you to highlight your interests, where you think the industry is going, recent highlights at my specific company, and why you believe you fit the company culture.

Show you spent some time researching my company online, even talking to past interns or employees, and understanding our culture.

Don't treat every networking session, interview or online application the same. Most recruiters are very open to telling you the unique parts of their company, so talk to them and ask for a follow-up prep call prior to an interview.

If you don't meet a recruiter on campus, reach out to them via LinkedIn. Recruiters will highlight great candidates' applications if you wow them.

Consider this reach-out like dating — you only have one opportunity to make that perfect impression that might lead to a relationship (or in this case, a fantastic career)!

ISTOCK

Does your authentic persona match the one you see on the screen in front of you?

Start with the man in the mirror

Do a branding exercise to understand your unique value to a future employer. Think about how you present yourself both in person at company campus recruiting events or interviews, and in online spaces.

Things you should evaluate include:

- How you dress
- The language you use
- How you can showcase specific accomplishments
- How you come across to employers — do you seem credible/real?

CHELSEA NEWTON IS THE DIRECTOR OF TALENT ACQUISITION AT MOSAIC SALES SOLUTIONS. HER EXPERTISE IS IN HIRING YOUNG ADULTS AND SHE HAS BUILT CAMPUS RECRUITING PROGRAMS IN OVER 12 COUNTRIES AROUND THE WORLD.

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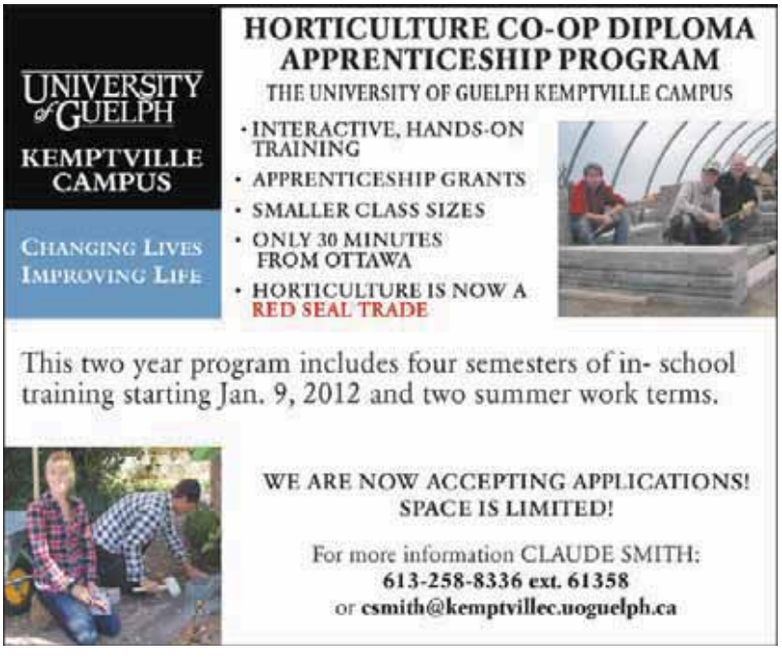

Party it up like a professional

Celebrating with work peeps can bring about a healthy sense of comraderie **As long as you revel responsibly**

JULIA WEST
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

ISTOCK

Can't tell your boss from the new intern? Maybe it's time to slow down.

It's never a good time to lament to co-workers about your ex, or go into detail about your wild Friday night, but for some reason — also known as vodka — holiday parties tend to bring out unprofessional behaviour. Remember your party etiquette and you won't have to do damage control come Monday morning.

PARTY DOS:

Mingle with everyone
"Strike up conversations with those outside of your usual circle — especially the 'power brokers' within your company," suggests Christine Endres, the Philadelphia branch manager at hiring firm OfficeTeam. And feel free to venture outside of cubicle chitchat. "Have a few nonwork topics to bring up, such as recent movies you've seen or holiday vacation plans," says Endres.

Dress appropriately
Dressing up is fine, but be sure to keep it classy. "It is a party, but you are still at work," says Jill Spiegel, author of How to Talk to Anyone About Anything! The Secrets of Connecting. "You want to keep your sense of professionalism."

PARTY DON'Ts:

Have that one last drink
This, of course, is the biggest faux-pas. A study by Wakefield Research for HomeGoods found that 29 per cent of respondents ranked a guest who drinks too much as the deadliest party sin. Overdoing it with friends is one thing, but overdoing it with the boss could be disastrous.

Participate in gossip
Bite your tongue if you must, but don't use this time to badmouth a colleague. And if someone else tries to pull you into the negativity? "Just change the energy and direction of the conversation through compliments and support," says Spiegel. "If you are kind to everyone, your positive energy is contagious."

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STUCK BETWEEN A ROCK AND A WORKPLACE

When it comes to conflicts of interest, employees will want to consider their company's concerns carefully

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

ISTOCK

Shortly after obtaining her real estate license, Marilyn Patterson found herself in a pickle. Patterson, a customer service supervisor for the Bank of Nova Scotia in Pitt Meadows, B.C., was summoned to a meeting and told that her work as a realtor may conflict with her employment at the bank.

Patterson saw matters differently. She had performed other part-time work outside of the bank and without any objection., and other employees had second or third jobs, which the bank did not oppose.

When it came to her work as a part-time realtor, however, the bank decided to take a stand, arguing that by recommending financial services and products at the bank, Patterson could be in a "potential" conflict with her work in real estate. Patterson was told to abandon her work as a realtor otherwise she would be fired.

But Patterson was defiant, refusing to consider searching for another non-conflict position at the bank and refusing to resign. Therefore, the Bank felt it had cause to terminate her and it did, without any severance. Patterson was not about to go quietly, suing the bank and claiming that its ultimatum was unreasonable.

At a recent hearing, Justice Bryce Dyer agreed with the bank and dismissed Patterson's claim. According to him, Patterson's refusal to abandon her work as a realtor once instructed to do so amounted to disobedience that was serious and not capable of being forgiven. The key to his decision, however, was not that Patterson had performed work as a realtor but that she was told to give it up or lose her job. Since this direction was reasonable, the bank had done nothing wrong.

This case illustrates two of the most prevalent principles in workplace law. First, the judge you happen to draw often makes a difference in the final outcome. Here, Justice Dyer viewed the bank's directive as reasonable but that does not mean that another judge would. Second, Patterson was given a choice to abandon her outside work or keep her job. In my experience, had the bank just terminated her without advancing this option, she would have been cashing settlement cheques by now. **DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.**

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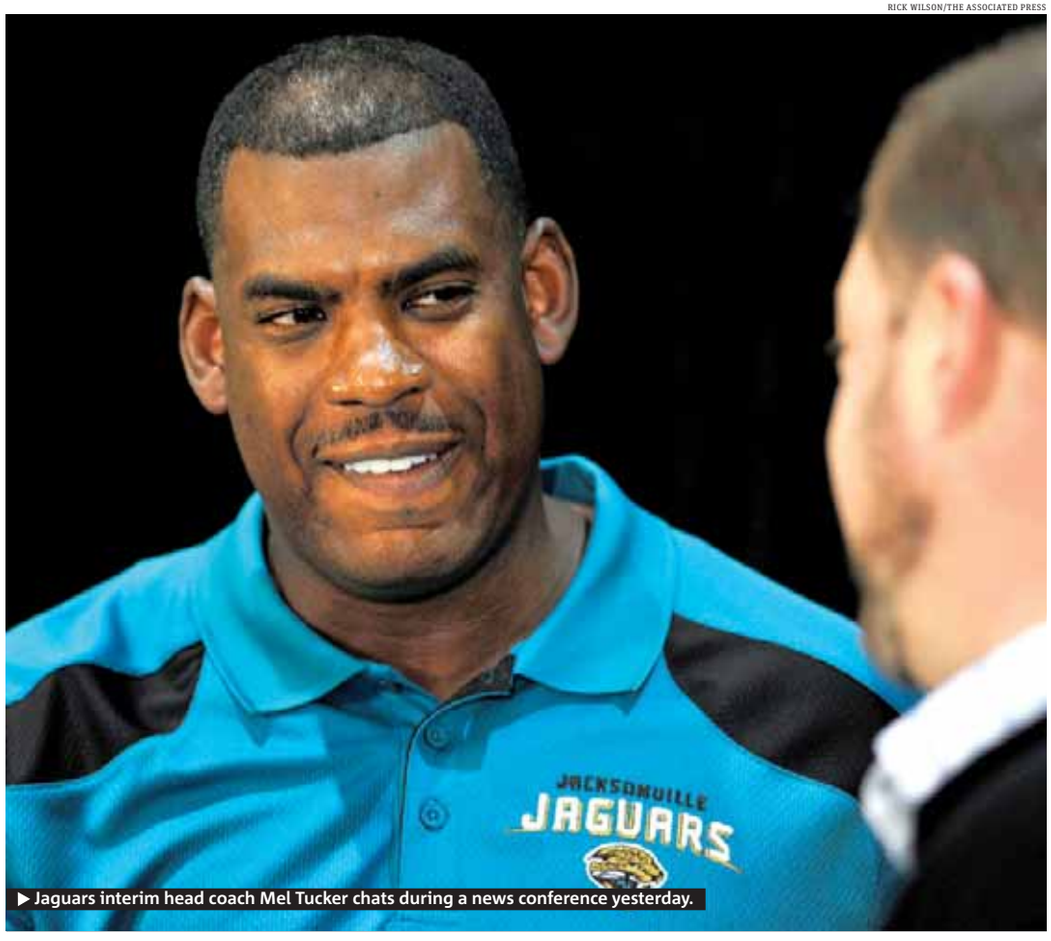
4 sports

Jaguars get a reboot

Coach fired, team sold after 2-8 start • New owner expected to keep team in Jacksonville

RICK WILSON/THE ASSOCIATED PRESS



▶ Jaguars interim head coach Mel Tucker chats during a news conference yesterday.

The Jacksonville Jaguars are headed in a completely new direction.

And Los Angeles doesn't appear to be the destination.

Team owner Wayne Weaver fired longtime coach Jack Del Rio yesterday after a 3-8 start and agreed to sell the Jaguars to Illinois businessman Shahid Khan. Weaver named defensive co-ordinator Mel Tucker the interim coach and gave general manager Gene Smith a three-year contract extension, putting him in charge of the coaching search.

The moves marked the most significant changes for the small-market franchise since its inception in 1993.

"It's the right thing at the right time and for the right reasons," Weaver said. "We deserve better; the community deserves better. We've been very average over the last few years. I take responsibility for a lot of that, making mistakes in some personnel things, but look positive ahead that this team is not far away from being a very competitive football team."

Forbes reported the sale to be worth $760 million US.

Weaver, who will turn 77 in January, had been looking for an "exit strategy" for years, wanting to find someone to buy the team and keep it in Jacksonville. He had tears in his eyes several times as he announced his impending departure.

"It's a little bittersweet, honestly, that it came as soon as it did," Weaver said. "But the main motivation for the exit strategy was to find someone that has the same passion about the NFL, had the same passion about football in Jacksonville as we do, and I found that person."

Khan, 61, believes he is the right choice, too.

"Wayne's legacy will be lasting, and I will always be grateful for Wayne's trust and confidence in my commitment to the Jaguars, the NFL and the people of the Jacksonville community," Khan said in a statement.

Born in Pakistan, Khan left home at age 16 to attend the University of Illinois. He graduated in 1971, a year after he started working for Flex-N-Gate Corp. in Urbana, Ill. He purchased the company in 1980. Today, Flex-N-Gate is a major manufacturer of bumper systems for pickup trucks and sport utility vehicles built in North America. **THE ASSOCIATED PRESS**

Sports in brief

Don't expect Maple Leafs forward Phil Kessel to be selected last at this season's NHL all-star game fantasy draft.

Kessel, who leads the league with 16 goals and 31 points this season, has taken the overall lead in fan balloting for the Jan. 29 showcase game at Scotiabank Place in Ottawa.

His total of 258,446 votes moved him past Senators defenceman Erik Karlsson, who leads all blue-liners with 256,839 votes in results released yesterday by the NHL. Ottawa forward Daniel Alfredsson was third overall (233,868) and teammate Jason Spezza was fifth overall (209,455).

THE CANADIAN PRESS

Suh appeals suspension

Ndamukong Suh is going back to the NFL, this time hoping for some leniency.

The league suspended Detroit's All-Pro defensive tackle without pay for two games yesterday, punishing the second-year player for stomping on a Green Bay Packers offensive lineman after the whistle last week. Suh promptly appealed his suspension, hoping his action won't keep him away from his playoff-hopeful teammates when they need him most.

The cost

If Suh doesn't win the appeal, he won't play against the Saints or in the Dec. 11 home game against Minnesota. He would return Dec. 12 ahead of a road game against Oakland.

NFL spokesman Greg Aiello said Suh's hearing will be with Art Shell, an appointed appeal officer who is paid by the league and NFLPA. As of late Tuesday afternoon, the hearing hadn't been scheduled, but the league has said it will expedite the procedure to give Suh and Lions an answer before Sunday's game at New Orleans.

THE ASSOCIATED PRESS

QB CHANGE

Colts shake things up

Curtis Painter and Larry Coyer are out in Indianapolis, and it could be just the start of the changes for the winless Colts.

Coach Jim Caldwell broke up a normally quiet Tuesday by announcing that Coyer had been fired as defensive co-ordinator and that Dan Orlovsky would replace Painter at quarterback when the Colts play at New England on Sunday. Longtime linebackers coach Mike Murphy will replace Coyer.

The moves come in the midst of a shocking 0-11 season, Indianapolis' worst start since 1986, and two days after Indy may have lost its last chance at a victory.

"It's not an easy day," Caldwell said.

THE ASSOCIATED PRESS

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	24	14	6	2	2	77	59	32	8-1-2-0	6-5-0-2	6-3-1-0	W2
d-Toronto	24	14	8	1	1	79	75	30	6-3-1-1	8-5-0-0	5-4-0-1	W3
d-Florida	23	12	7	1	3	64	59	28	5-2-1-3	7-5-0-0	6-3-1-0	L2
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
NY Rangers	20	12	5	1	2	56	42	27	6-1-0-1	6-4-1-1	8-2-0-0	W2
Buffalo	23	13	9	0	1	67	61	27	6-6-0-1	7-3-0-0	5-4-0-1	W1
Washington	22	12	9	0	1	70	73	25	8-2-0-1	4-7-0-0	3-6-0-1	L2
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	23	11	10	0	2	63	72	24	7-3-0-0	4-7-0-2	5-5-0-0	L1
Ottawa	23	11	10	1	1	69	79	24	6-4-0-1	5-6-1-0	4-4-1-1	W1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	23	9	10	3	1	66	74	22	5-3-0-0	4-7-3-1	4-4-2-0	L1
Carolina	25	8	13	2	2	60	83	20	5-6-0-2	3-7-2-0	3-7-0-0	L3
NY Islanders	21	6	11	3	1	41	68	16	5-6-2-0	1-5-1-1	2-6-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	24	14	7	1	2	79	74	31	7-1-0-2	7-6-1-0	6-4-0-0	W2
d-Minnesota	24	14	7	2	1	57	53	31	9-4-1-0	5-3-1-1	7-3-0-0	W1
d-Dallas	24	14	9	0	1	62	65	29	8-3-0-1	6-6-0-0	3-6-0-1	W1
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
St. Louis	23	13	8	0	2	57	49	28	8-2-0-1	5-6-0-1	7-1-0-2	W3
Los Angeles	24	12	8	2	2	57	55	28	7-6-0-1	5-2-2-1	6-3-1-0	W1
San Jose	21	13	7	1	0	60	48	27	6-4-1-0	7-3-0-0	6-3-1-0	L2
Phoenix	22	12	7	1	2	61	56	27	7-4-1-1	5-3-0-1	6-3-1-0	W1
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Nashville	23	11	8	3	1	60	62	26	4-3-2-1	7-5-1-0	4-4-2-0	W1
Edmonton	24	12	10	0	2	65	60	26	6-3-0-1	6-7-0-1	3-7-0-0	L2
Colorado	24	10	13	1	0	62	73	21	4-9-0-0	6-4-1-0	3-7-0-0	L1
Calgary	22	9	12	1	0	50	60	19	4-5-1-0	5-7-0-0	4-6-0-0	W1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	23	6	14	0	3	54	75	15	5-7-0-1	1-7-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Islanders at Buffalo
St. Louis at Washington
Florida at Carolina
Pittsburgh at N.Y. Rangers
Ottawa at Winnipeg
Phoenix at Chicago
Nashville at Calgary
Columbus at Vancouver
Monday's results
Nashville 2 Edmonton 1
Dallas 3 Colorado 1
Los Angeles 2 San Jose 0
Minnesota 3 Tampa Bay 1
Tonight's games
All times Eastern
Boston at Toronto, 7 p.m.
Tampa Bay at Detroit, 7:30 p.m.
New Jersey at Colorado, 9:30 p.m.
Minnesota at Edmonton, 9:30 p.m.
Montreal at Anaheim, 10 p.m.
Tomorrow's games
Pittsburgh at Washington, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
Phoenix at Winnipeg, 8:30 p.m.
Ottawa at Dallas, 8:30 p.m.
Columbus at Calgary, 9 p.m.
Nashville at Vancouver, 10 p.m.
Florida at Los Angeles, 10:30 p.m.
Montreal at San Jose, 10:30 p.m.
Friday's games
Detroit at Buffalo, 7:30 p.m.
New Jersey at Minnesota, 8 p.m.
N.Y. Islanders at Chicago, 8:30 p.m.
St. Louis at Colorado, 9 p.m.
Columbus at Edmonton, 9:30 p.m.
Philadelphia at Anaheim, 10 p.m.

MONDAY

PREDATORS 2, OILERS 1

First Period
1. Edmonton, Eberle 8 (Nugent-Hopkins) 7:07
Penalty — Weber Nash (roughing) 8:49.
Second Period
2. Nashville, Weber 4 (Suter, Lindback) 11:34 (pp)
Penalties — Tootoo Nash (diving), Jones Edm (elbowing major), Peckham Edm (cross-checking) 6:35, Kostitsyn Nash (interference) 6:55, Josi Nash (tripping) 8:31, Tootoo Nash (high-sticking) 18:51.
Third Period
3. Nashville, Spaling 3 (Tootoo, Smith) 12:21
Penalty — Teubert Edm (high-sticking) 2:25.
Shots on goal

Nashville	6	16	9	—31
Edmonton	4	7	7	—18

Goal — Nashville: Lindback (W,1-1-0); Edmonton: Khabibulin (L,9-5-2).
Power plays (goals-chances) — Nashville: 1-3; Edmonton: 0-3.
Referees — Tom Kowal, Kyle Rehman. **Linesmen** — Thor Nelson, Jay Sharrers.
Att. — 16,839 (16,839) at Edmonton.

MONDAY

KINGS 2, SHARKS 0

First Period
1. Los Angeles, Moreau 1, 8:37
Penalty — McLaren SJ (unsportsmanlike conduct) 16:06.
Second Period
2. Los Angeles, Richards 11 (Gagne, W.Mitchell) 4:16
Penalties — Thornton SJ (hooking), Stoll LA (holding stick) 4:01, Los Angeles bench (too many men; served by Williams) 7:36, Thornton SJ (holding) 12:23, Stoll LA (holding) 15:24, Greene LA (interference) 17:52.
Third Period — No Scoring.
Penalties — Vandermeer SJ (hooking) 4:26, Hunter LA (hooking) 5:45, Doughty LA (tripping) 10:14, Clowe SJ (double roughing), Johnson LA (roughing) 20:00.
Shots on goal

San Jose	11	9	13	—33
Los Angeles	16	9	8	—33

Goal — San Jose: Niemi (L,9-4-1); Los Angeles: Quick (W,10-6-4). **Power plays (goals-chances)** — San Jose: 0-5; Los Angeles: 0-3.
Att. — 18,118 (18,118) at Los Angeles.

STARS 3, AVALANCHE 1

First Period
1. Dallas, Nystrom 8 (Fiddler, Robidas) 15:56
Penalties — Barch Dal (fighting), McLeod Col (instigator, fighting, misconduct) 2:49, Souray Dal (slashing) 3:49, Wandell Dal (hooking) 11:30, O'Byrne Col (cross-checking) 13:49.
Second Period — No Scoring.
Penalties — Ryder Dal (holding) 3:45, Wilson Col (tripping) 5:33.
Third Period
2. Dallas, Ryder 8 (Eriksson, Larsen) 14:36
3. Colorado, Porter 1 (Jones, Wilson) 16:24
4. Dallas, Ryder 9 (Eriksson, Pardy) 19:32 (en)
Penalty — O'Reilly Col (boarding) 8:10.
Shots on goal

Dallas	8	12	15	—35
Colorado	11	16	9	—36

Goal — Dallas: Raycroft (W,1-5-0); Colorado: Varlamov (L,6-10-1). **Power plays (goals-chances)** — Dallas: 0-4; Colorado: 0-3.
Attendance — 12,015 (18,007) at Denver.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Vanek, Buf	12	14	26
Versteeg, Fla	12	14	26
Stamkos, TB	15	10	25
Toews, Chi	13	12	25
Nugent-Hopkins, Edm	10	15	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25
Smyth, Edm	12	12	24
Kopitar, LA	10	14	24
Eberle, Edm	8	16	24
H.Sedin, Vcr	8	16	24
Neal, Pgh	13	10	23
Seguin, Bos	12	11	23
Fleischmann, Fla	10	13	23
Ma.Hossa, Chi	9	14	23
P.Kane, Chi	7	16	23
Benn, Dal	6	17	23
Eriksson, Dal	10	12	22
Franzen, Det	10	12	22
Sharp, Chi	10	12	22
Spezza, Ott	8	14	22

Last night's games not included

HOCKEY

AHL

Last night's results
Grand Rapids at Toronto
Hershey at Connecticut
Wilkes-Barre/Scranton at Norfolk
Abbotsford at Milwaukee
Tonight's games
All times Eastern
Syracuse at Adirondack, 7 p.m.
Texas at Charlotte, 7 p.m.
Houston at Lake Erie, 7 p.m.
Friday's games
Bridgeport at Albany, 7 p.m.
Toronto at Grand Rapids, 7 p.m.
Manchester at Binghamton, 7:05 p.m.
Connecticut at Providence, 7:05 p.m.
Portland at Wilkes-Barre/Scranton, 7:05 p.m.
St. John's at Hamilton, 7:30 p.m.
Adirondack at Norfolk, 7:30 p.m.
Hershey at Syracuse, 7:30 p.m.
Springfield at Worcester, 7:30 p.m.
Houston at Rochester, 7:35 p.m.
Peoria at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Lake Erie at Rockford, 8:05 p.m.
Abbotsford at Chicago, 8:30 p.m.
Saturday's games
Houston at Toronto, 3 p.m.
Binghamton at Worcester, 7 p.m.
Albany at Bridgeport, 7 p.m.
Texas at Charlotte, 7 p.m.
Chicago at Grand Rapids, 7 p.m.
Rochester at Hamilton, 7 p.m.
Portland at Hershey, 7 p.m.
Providence at Manchester, 7 p.m.
Connecticut at Springfield, 7 p.m.
Adirondack at Norfolk, 7:15 p.m.
Wilkes-Barre/Scranton at Syracuse, 7:30 p.m.
Milwaukee at Peoria, 8 p.m.
Oklahoma City at San Antonio, 8 p.m.
Abbotsford at Rockford, 8:05 p.m.

SOCCER

(Home teams listed first)

ENGLAND

LEAGUE CUP
Quarter-finals
Cardiff 2 Blackburn 0
Chelsea 0 Liverpool 2
Arsenal 0 Manchester City 1
LEAGUE CHAMPIONSHIP
Burnley 4 Ipswich 0
Derby 0 Brighton 1
Leicester 2 Blackpool 0
Middlesbrough 0 West Ham 2
Millwall 3 Doncaster 2
Nottingham Forest 0 Leeds 4
Southampton 2 Hull 1
Watford 2 Bristol City 2
Reading 3 Peterborough 2

ITALY

SERIE A
Napoli 3 Juventus 3
COPPA D'ITALIA
Fourth Round
Parma 0 Verona 2
Catania 2 Novara 3

SPAIN

LA LIGA
Barcelona 4 Rayo Vallecano 0

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	5	0	.545	252	277
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
New Orleans	8	3	0	.727	362	252
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

Monday's result
New Orleans 49 N.Y. Giants 24
Tomorrow's game
All times Eastern
Philadelphia at Seattle, 8:20 p.m.
Sunday's games
Kansas City at Chicago, 1 p.m.
Atlanta at Houston, 1 p.m.
Denver at Minnesota, 1 p.m.
Carolina at Tampa Bay, 1 p.m.
Cincinnati at Pittsburgh, 1 p.m.
N.Y. Jets at Washington, 1 p.m.
Oakland at Miami, 1 p.m.
Tennessee at Buffalo, 1 p.m.
Indianapolis at New England, 1 p.m.
Baltimore at Cleveland, 4:05 p.m.
St. Louis at San Francisco, 4:15 p.m.
Dallas at Arizona, 4:15 p.m.
Green Bay at N.Y. Giants, 4:15 p.m.
Detroit at New Orleans, 8:20 p.m.
Monday, Dec. 5
San Diego at Jacksonville, 8:30 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

KANSAS CITY ROYALS—Agreed to terms with RHP Jonathan Broxton on a one-year contract.
TEXAS RANGERS—Named Greg Maddux special assistant to the general manager.

NATIONAL LEAGUE

HOUSTON ASTROS—Agreed to terms with C Carlos Corporan on a minor league contract.
MILWAUKEE BREWERS—Named Joe Ayrault manager and Ned Yost IV coach of Brevard County (FSL); Jeff Isom manager and Don Money special instructor of Helena (Pioneer); and Andy Pratt professional scout.
NEW YORK METS—Agreed to terms with OF Adam Loewen on a minor league contract.
PHILADELPHIA PHILLIES—Released RHP Scott Mathieson.
SAN FRANCISCO GIANTS—Signed senior VP & GM Brian Sabean & manager Bruce Bochy to contract extensions through 2013 season.

FOOTBALL

NFL

LEAGUE OFFICE—Suspended Detroit DT Ndamukong Suh 2 games after stomping on the arm of Green Bay G Evan Dietrich-Smith during a Nov. 24 game.
CHICAGO BEARS—Signed LB Patrick Trahan from practice squad. Waived/injured LB Brian Iwuh.
CINCINNATI BENGALS—Signed DT Cornell Banks to the practice squad. Released LB Bruce Davis from the practice squad.
CLEVELAND BROWNS—Waived LS Ryan Pontbriand. Placed LB Scott Fujita & DE Emmanuel Stephens on injured reserve. Signed LS Christian Yount. Signed LB Benjamin Jacobs & DL Brian Sanford from practice squad. Signed DL Ayanga Okpokowuruk, DB David Sims & LB Brian Smith to practice squad.
INDIANAPOLIS COLTS—Fired defensive co-ordinator Larry Coyer. Promoted linebackers coach Mike Murphy to defensive co-ordinator.
JACKSONVILLE JAGUARS—Fired coach Jack Del Rio. Named defensive co-ordinator Mel Tucker interim coach.
KANSAS CITY CHIEFS—Released OT Jared Gaither. Signed OT David Mims.
NEW ENGLAND PATRIOTS—Released CB Phillip Adams.
NY JETS—Signed S Tracy Wilson from practice squad.

HOCKEY

NHL

LEAGUE OFFICE—Fined Pittsburgh F James Neal $2,500 for high-sticking Montreal D P.K. Subban during Saturday's game.
CAROLINA HURRICANES—Reassigned F Brett Sutter to Charlotte (AHL).
DALLAS STARS—Assigned F Francis Wathier to Texas (AHL).
FLORIDA PANTHERS—Recalled C Mark Cullen from San Antonio (AHL). Reassigned G Brian Foster to Cincinnati (ECHL).
MONTREAL CANADIENS—Called up C Louis Leblanc from Hamilton (AHL).
NASHVILLE PREDATORS—Recalled F Kyle Wilson from Milwaukee (AHL).
NEW JERSEY DEVILS—Sent D Alexander Urbom to Albany (AHL). Waived C Brad Mills.
ST. LOUIS BLUES—Recalled D Cade Fairchild from Peoria (AHL).

5 drive

By comparison

Nissan Leaf
Base price: $40,000
If you want electric, then just go for it. Downside is long charge time.

Mitsubishi i
Base price: $34,500
Short hops only; Prius is more car that does more and costs more, too.

Chevrolet Volt
Base price: $43,000
Gas generator maintains electric motor's function when batteries run low.

WHEELBASE MEDIA

Motor

The electrical portion of the powertrain consists of the usual 60-kilowatt (80-horsepower) motor that's energized by a lithium-ion battery pack located beneath the cargo floor. That's the same spot as the standard Prius's nickel-metal-hydrid batteries. The advantage of lithium-ion technology is that it's lighter, more energy efficient and holds a charge for longer periods.

As with all Prius models, power is directed to the front wheels via a continuously variable transmission.

Charging

Beyond operating for a modest distance on electric power, the PHV can be replenished in a relatively quick 2.5-to-three hours using 120-volt household current. Toyota provides a 4.5-metre-long cable that plugs into a connection hidden behind a spring-loaded door on the passenger-side rear quarter panel. Buyers have the option of a 240-volt outlet that cuts charging time to 1.5 hours, however they will have to opt for the "Level 2" home charging station available through Toyota dealers.

Fuel efficiency

As for the all-important question of fuel consumption, Toyota claims the PHV earns the equivalent of 1.75 l/100 km on electric power alone (presumably based on typical power costs) and about 3.7 l/100 km when functioning in hybrid mode, compared with 3.7 city and 4.0 highway for a standard Prius.

▶ It looks like any other Prius because it is like any other Prius, just with more battery power for extended electric-only use.

This Prius has a bit more spark

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

The Prius is the world's most successful gasoline-electric hybrid brand with more than two million copies sold since its 1997 launch. The fuel-frugal Toyota celebrates its 15th anniversary by adding a wagon to the lineup as well as the Plug-in Hybrid, or PHV, which arrives in early 2012.

Although similar to a regular Prius, the PHV has been engineered to offer some advantages of a pure electric vehicle as well as the convenience of a typical hybrid. The result should be significantly improved city fuel economy. For short hops, or gridlocked commuter traffic, the PHV can be driven for up to about 25 kilometres at speeds up to 100 km/h in driver-selectable electric mode. But when a heavier foot on the accelerator is called for and/or the batteries wear down, the 98-horsepower 1.8-litre gas engine instantly kicks in and both power systems provide the necessary thrust, the same as a regular Prius model. The batteries can also be partially replenished from energy captured through braking.

Determining if the PHV is worth the extra cost will ultimately depend on your particular driving habits, such as distance travelled and your ability to baby the throttle around town. For most people, the popular standard Prius will do just fine, while the PHV takes conserving gas and preserving the environment to a whole new level.

DON'T LET ADMINISTRATION FEES SURPRISE YOU

AUTO PILOT

MIKE GOETZ
DRIVE
@METRONEWS.CA

The thing I most like about getting a bill from a utility company is discovering what new and exciting charges they've managed to come up with since my last bill.

I particularly enjoyed first seeing the one called "customer charge" — so ambiguous, so all encompassing, so delightful.

Some retailers in the car industry are equally creative. Both new and used car dealerships sometimes tack on an Administration Fee or a Documentation Fee. Either way, this is a charge initiated by each specific dealership (new or used) and can run anywhere from $295 to $595 — and beyond.

Most used car dealerships will charge this fee, but not all new-car dealerships. In fact, most automakers try to police this — with mixed results. This creates the situation where dealerships in the same city, selling the same brands, might have different "admin" fee policies.

One sure thing about admin fees — buyers hate them. Extra fees are one thing, but what infuriates customers even more are when these fees are only brought up during the paperwork stage.

"When you sit down and see that it has been added to your last negotiated price, you can always step back from the table," says Carl Compton, executive director and registrar of OMVIC.

"If you feel it's not worth it, or not comfortable with it, restart the negotiations."

ISTOCK

▶ As soon as you step foot on a new or used car lot, ask about any fees that will be tacked on to the vehicle's price.

The Ontario Motor Vehicle Industry Council (OMVIC) is the entity that enforces Ontario's Motor Vehicle Dealers Act. Each province has its own council and respective "dealers act."

Compton notes that the council is often asked to weigh in on the legitimacy of these admin or documentation fees.

"The only thing we've been able to say is that they are almost a tradition in the industry, for dealers to charge customers for some of the overhead fees they have to deal with. You, as a consumer, should expect that it would probably be tacked on. There is nothing mandatory about it… There is nothing illegal about charging admin fees, but there is nothing from preventing you from negotiating them out as well."

British Columbia, Alberta, Ontario and Quebec all have legislation that requires dealers and/or dealer groups to disclose any mandatory fees — including admin fees — in their advertised prices.

So the take-away here, is to be aware of them right from the get go.

As soon as you step foot on a new or used car lot, ask about any fees that will be tacked on to the vehicle's price. Don't find out about them late in the car buying stage, when you're already emotionally attached to the vehicle you want to buy, and/or so emotionally drained by the buying process you'll pay that extra bit, just to make it stop.

ADVERTISING FEATURE

PAY CLOSE ATTENTION...

Lee Romanov, , Consumer Advocate
President, Income Activator

If your online business has not reached its' full potential and you've been struggling to take it to the next level, almost feeling paralyzed at times, then I'm about to tell you what you can do about it.

As an entrepreneur you're probably very creative and driven to make a lot of money, but if you don't have the flexibility of being both proactive and reactive with your website, then you and your online business are restricted.

Why... because you can't do a thing without your webmaster, while being held hostage by their costs.

Here's one example of a lost opportunity; a big story breaks on the 6 pm news that directly applies to your online business. You should be:

1. Proactive and immediately create new keyword targeted pages focused on online searches driving traffic to your website.

2. Reactive and change your home page content to reflect this breaking news and put up an opt-in form capturing the names and email addresses of visitors wanting to learn more about this topic.

If you can't make those kind of changes to your website yourself, you'll never be able to compete in today's rapidly changing marketplace.

I'm Lee Romanov, and I built a huge Internet business by applying simple techniques such as this and created a database of over 100,000 people that funnelled into my revenue model. I then sold the website to Torstar; owner of the Toronto Star for millions of dollars.

I went on to create a website program for my own use, Income Activator, and I incorporated my marketing techniques of capturing traffic and converting it into revenue, without the need of a programmer or webmaster. I am now making it available to you so you can turn your website into a marketing force. I also built in multiple revenue streams you can activate immediately. It is shockingly easy to do.

I know what I'm talking about and my reputation as a consumer advocate, through my columns in the Globe and Mail should assure you that I deliver what I promise. If you have a website you can attach this program to it or copy your content over to it.

The program is called **IncomeActivator.com**, which anyone can use to build and manage their online business, regardless of their comfort level with computers. If you can type, you can create website pages, opt-in forms, add pictures, videos, affiliate links and activate several proven revenue streams instantly. I also share the marketing strategies I used to build my online businesses along with valuable advice.

I encourage you to go to **IncomeActivator.com** and hear more of what I'm offering. You will need to be proactive with this as I am only making available 2, 100 Income Activator website programs at an introductory price. You will then become part of a unique group of people sharing their knowledge while growing their online business.

I will be making myself available from today until December 12th to answer any questions related to online marketing or Income Activator specifically. I invite you to visit **IncomeActivator.com** now. I'm also giving away one Income Activator website for Free... all you need to do is tell me your best online marketing story.

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ADDITIONAL FEES MAY APPLY DEPENDING ON MODEL.

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This used Audi is fit for the race track

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The 2007 to 2008 Audi RS4 might have been one of the world's foremost sleeper sedans.

Subtle and discreet styling upgrades concealed a track-tuned chassis, high-performance version of the brand's Quattro AWD system and a race-ready engine.

The RS4 Sedan was available on our shores as a 2007 or 2008 model that came with upgraded aerodynamics, brakes and suspension components.

2007 to 2008 Audi RS4

Engine

All RS4 models came just one way: with a 4.2-litre V-8 cranking out 420 horsepower en route to an 8,000 RPM redline, teamed up with AWD and a six-speed manual transmission.

What owners like

RS4's discreet, ultra-performance execution was its major draw. Performance, relative comfort handling, all-season capabilities and a semi-practical four-door body rounded out the owner-stated praise points for the RS4.

What owners dislike

Gripes commonly included limited rear-seat space, a rough ride on some surfaces and, of course, excessive fuel consumption.

Common issues

Be sure the engine on the model you're considering is cold when you first start it up, then check for blue smoke from the tailpipes. Some oil consumption with this engine is considered normal, and may be caused by an easy-to-fix crankcase ventilation system valve.

Poor performance or an inconsistent, "sputtering" feel to the power delivery could indicate a bad ignition coil pack.

Have a mechanic check for fluid leaks and ensure the shock absorbers aren't worn out or "blown".

Verdict

All in all, a well-maintained RS4 should provide an extremely rewarding and relatively worry-free year-round motoring experience for years to come. Just budget for a radar-detector, too.

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Carmakers' concern is sustainability

Recycling process gaining attention from automakers

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

It's no longer enough for automakers to simply build cars that are stylish or have all the latest options. Sustainability is now a driving force, as auto companies tackle such issues as fuel efficiency, alternative powertrains and how to recycle vehicles and components at the end of their lives.

"It's about providing transportation to future generations without having it negatively impacting the environment," says John Viera, director of sustainability for Ford Motor Company. He adds that it's also about educating consumers on the new choices they face.

"We're talking about different fuels, different batteries, and consumers are overwhelmed by the amount of information they need to know."

Cost is a major issue, whether it's the batteries in electric vehicles or extra engine components on vehicles that burn compressed natural gas. There also needs to be infrastructure to supply these fuels. This was always left to gas companies in the past, which refined the fuel and transported it to the stations; for possibly the first time, automakers are now involved in the process.

"The good news is that everyone has electricity at their house or work, so we've decided to work on how we provide charging equipment that is easily installable at home or at work," Viera says.

"We don't try to set up utility stations like gas companies putting in gas pumps, but we are working directly in getting people involved in home charging. These vehicles are parked there for long periods and that's where our focus has been. We think the majority of charging will happen at home or work, not at a public station."

The batteries themselves present issues. Those that use lithium-ion are now becoming the electric vehicle standard. The easiest lithium to mine is in Bolivia, Chile and China, where it's the equivalent of accessible Saudi Arabian oil; deposits in North America are more like the tar sands, harder and costlier to extract. Recycling batteries for their lithium isn't cost-effective yet, and Viera says that automakers will have to work on this.

"We're not there yet, but we need to get together as an industry to address that issue," he says.

"We have to work together. The vehicle drives for 15 years, but if it gets in a crash now, what's the protocol for removing the batteries, where are they transported, where do they go? This is not a competitive advantage; this is something we're all going to need.

"We're working with other automakers on the whole recycling process for this."

FORD MOTOR COMPANY

▶ The Ford Transit Connect Electric is a good example of a sustainable vehicle.

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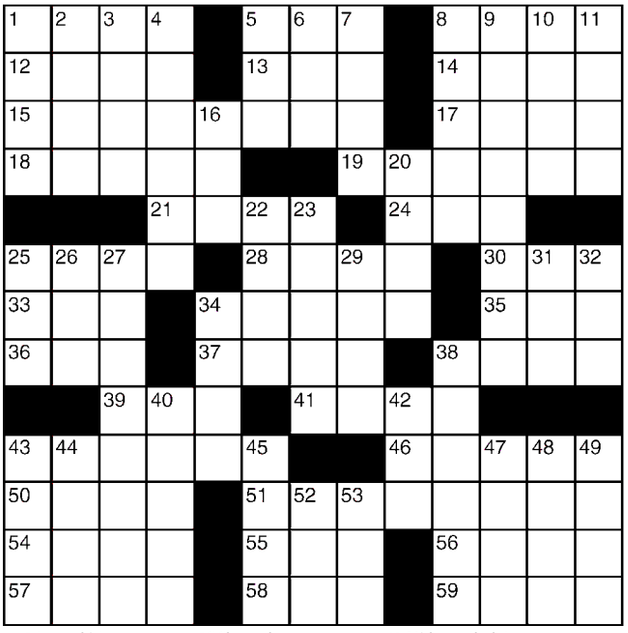
Crossword



Across
1 Mosque bigwig
5 Scale member
8 Equipment
12 Hardy cabbage
13 Commotion
14 World's fair
15 Went boom
17 Newspaper page
18 Supermarket section
19 Undergo without yielding
21 Exam format
24 Still, in verse
25 Make tea
28 Took to the skies
30 Festive
33 Actor Harrison
34 Animal stomachs
35 Away from WSW
36 Pump up the volume
37 Base runner's goal
38 Tosses in
39 Historic period
41 Venomous vipers
43 What to call an English nobleman
46 Puppeteer Lewis
50 Norway's capital
51 Atoned for
54 Coaster
55 Central
56 Fashion
57 Danson and Nugent
58 Eggs
59 Heroic verse

Down
1 Furniture store chain
2 Long skirt
3 Swiss peaks
4 Laid-back
5 Despondent
6 Rhyming tribute
7 Source of wealth
8 Crystal-lined rock
9 Obliterated
10 Mimic
11 Took the bus
16 "— the ramparts ..."
20 Information
22 Frizzy coiffure
23 Camel's cousin
25 Bikini half
26 Sleep phenom
27 Kicked out of school
29 Rams fans?
31 Moreover
32 "Certainly"
34 Burn somewhat
38 Fats Domino's "Ain't That —"
40 Crucifixes
42 Omega preceder
43 Lion's share
44 Capri, for one
45 Showroom sample
47 On
48 Start over
49 Mid-month date
52 Louis —
53 BlackBerry, for ex.

Yesterday's answer

E	G	A	D		S	I	C		N	A	P	E
T	O	R	I		N	I	H		E	L	U	L
C	O	C	K	T	A	I	L		P	O	R	K
			D	I	P		O	C	H	E	R	S
T	R	A	I	T		T	R	E	E			
H	A	N	K		T	A	I	L	W	I	N	D
A	N	O		B	R	U	N	T		R	O	E
W	I	N	D	P	I	P	E		N	I	N	E
			R	O	U	E		A	E	S	O	P
E	S	T	E	E	M		O	W	E			
L	I	R	A		P	I	P	E	D	O	W	N
S	L	I	M		H	O	E		L	U	A	U
E	L	M	S		S	U	N		E	R	S	T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

	7		3			5	8	
6				8		1		2
8				7				
	1	3			8		9	
				1				
	8		5			4	1	
				5				4
2		7		3				1
	6	8			9		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

1	8	2	5	4	6	3	9	7
6	3	9	8	7	1	5	4	2
4	7	5	2	9	3	1	8	6
9	2	3	1	5	8	7	6	4
5	6	7	3	2	4	8	1	9
8	4	1	9	6	7	2	5	3
3	9	6	7	1	5	4	2	8
7	5	4	6	8	2	9	3	1
2	1	8	4	3	9	6	7	5

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MPPP

Propellor
We only every see each other briefly, maybe once a week. But your sweet smile sustains me until the next time. I wonder if you're single? I hope so, as I'm determined to get to know the person behind that beautiful face.
GROWLER

Hey Lady
the longest of nights, just thinking of your soft skin, and your fiery red hair.
MISTER

Today 9°/-6° Rain 70%
Thursday -1°/-5° Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

♈ Aries March 21-April 20 You will be focusing on mundane matters such as how to pay the bills and make ends meet today.

♉ Taurus April 21-May 21 Don't let others infect you with their doom and gloom attitude. You know that misery loves company.

♊ Gemini May 22-June 21 If you don't want to get in the bad books of people you live and work with, don't second guess them.

♋ Cancer June 22-July 22 If something that usually goes right for you starts going wrong today, it's a sign you need to think again.

♌ Leo July 23-Aug.23 With mind planet Mercury currently moving retrograde, you must make sure you've got your facts straight.

♍ Virgo Aug. 24- Sept. 22 Having second thoughts about something in which you're involved? It would be a mistake to make changes.

♎ Libra Sept. 23-Oct. 23 What people say and what they mean will be two very different things today. It pays to be suspicious.

♏ Scorpio Oct. 24-Nov. 22 You may be at a loss to explain why certain things are happening, but don't make too big a deal of it.

♐ Sagittarius Nov. 23-Dec. 21 The more someone complains about what you are doing, the more you will do it.

♑ Capricorn Dec. 22-Jan. 20 If you're the kind of Capricorn who learns from your mistakes, you will learn a lot over the next 24 hours.

♒ Aquarius Jan. 21-Feb. 18 You will have a hard time convincing people today. Live and let live.

♓ Pisces Feb. 19-March 20. The more people make an issue of something that doesn't bother you, the more necessary it is to distance yourself. SALLY BROMPTON

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GLS model shown

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